

Third Tuesday of every month

 20 April 2021

 10:30am **or** 7:30pm

(Let us know your Zoom time preference via email)



# Parent Support Group

## April Topic - Unhealthy vs Healthy coping strategies for emotional wellbeing

This group, facilitated by our Senior Mental Health Practitioners, Emotional Mental Health Practitioners and members of our parenting steering group, is a safe space for parents to get together, share their experiences and build positive relationships.

Parents will also have the opportunity to offer peer support.

**Running Time: 90 minutes**

Introduction, Presentation, Discussions and Goodbyes

*Email below for Zoom link or for more information*



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