

Free Reflection Groups for Parents & Carers

Hammersmith, Fulham, Ealing & Hounslow Mind (HFEH Mind) are offering free reflection groups for parents & carers.

These are available to all non-MHST schools in north Westminster, and RBKC.

All groups will run for 1-hour and will be delivered over Zoom.

We will be sharing wellbeing advice and resources, reflecting, and finding solutions together.

We will be exploring the following topics (and more!):

- Healthy Habits and Wellbeing
- Managing Conversations About Mental Health
 - Youth Mental Health Awareness
- Supporting Your Child with Transitions

Reflective Groups take place on Fridays, 13:00-14:00. Please use the Eventbrite link below to book onto a workshop.

Workshop Name	Date(s)	Link
Healthy Habits & Wellbeing	29/01/21	https://www.eventbrite.co.uk/e/137420445251
How to Have a Conversation About Mental health	26/02/21	https://www.eventbrite.co.uk/e/137421107231
Understanding Low Mood & Depression	26/03/21	https://www.eventbrite.co.uk/e/137421835409
Youth Mental Health Awareness	28/05/21	https://www.eventbrite.co.uk/e/137422595683
Understanding Anxiety	25/06/21	https://www.eventbrite.co.uk/e/137423785241
Supporting Your Child Through Change & Uncertainty	09/07/21	https://www.eventbrite.co.uk/e/137424784229



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Ealing and Hounslow