

# Free Virtual Workshops for Parents & Carers

Hammersmith, Fulham, Ealing & Hounslow Mind (HFEH Mind) are delivering free virtual workshops to parents & carers.

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

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

We will be exploring the following topics:

- Healthy Habits and Wellbeing
- Managing Conversations About Mental Health
  - Youth Mental Health Awareness
- Understanding Low Mood & Depression
  - Understanding Anxiety
- Supporting Your Child with Transitions

Workshops 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	22/01/21	<a href="https://www.eventbrite.co.uk/e/136944347229">https://www.eventbrite.co.uk/e/136944347229</a>
How to Have a Conversation About Mental health	12/02/21	<a href="https://www.eventbrite.co.uk/e/136964507529">https://www.eventbrite.co.uk/e/136964507529</a>
Understanding Low Mood & Depression	12/03/21	<a href="https://www.eventbrite.co.uk/e/137167753443">https://www.eventbrite.co.uk/e/137167753443</a>
Youth Mental Health Awareness	14/05/21	<a href="https://www.eventbrite.co.uk/e/137414994949">https://www.eventbrite.co.uk/e/137414994949</a>
Understanding Anxiety	11/06/21	<a href="https://www.eventbrite.co.uk/e/137168371291">https://www.eventbrite.co.uk/e/137168371291</a>
Supporting Your Child Through Change & Uncertainty	02/07/21	<a href="https://www.eventbrite.co.uk/e/137416385107">https://www.eventbrite.co.uk/e/137416385107</a>

