



Supporting your child

Zoom workshops for carers of young people

Mind in Bexley, in partnership with South East London Integrated Care System and Young Minds, are running a series of workshops aimed at parents and carers of young people experiencing mental health and wellbeing challenges.

- **Understand the impact of the pandemic on a child's mental health and return to school**
- **Discover ways to deal with anxiety and low mood**
- **Learn tactics to manage challenging behaviour**

24 November 2022

6:30pm - 7:30pm

~~12 December 2022~~

~~10:00am - 11:00am~~ **full**

19 January 2023

2:00pm - 3:00pm

22 February 2023

6:30pm - 7:30pm

17 March 2023

10:00am - 11:00am

Register at <http://bit.ly/3USbp4W>

www.mindinbexley.org.uk

Registered charity: 1110130

**South East
London**
Integrated Care System

mind
in Bexley