


Mental Health and Well Being in you and your family



This is a hour long course on
 Thursday 28th September
2pm - 3pm

at Dunnington Primary school

For parents and Carers

Provided by Warwickshire Educational
Psychology Service

Aims of the course

- To consider mental well being and mental health needs
- To consider 4 commonly experienced mental health needs
- To explore ways to assist young people experiencing mental health needs
- To explore ways to promote mental well being in yourself and your family.

Please contact
Dunnington School
for details - 01789 772200

89% of attendees would recommend this course (Based upon 26 evaluations completed 23)

Participant comments include:

"Gained knowledge to help my family and friends" "Lots of information – very interesting subject"

"Very clear and relevant, I will share these ideas with my children and grandchildren"

"I will be using it to help my children face the stressful phases of life"

"There are things I can put in place now to help my children cope with challenges"

"Good to talk about a subject that is met usually with negativity"

"It really helped me learn some things – I will put it into practice and talk more about this with my family".