

Supporting Children & Young People's Mental Health

A sessions for Parents and community members to explore communicating with children and young people on the topics around mental health. Covering key wellbeing needs (anxiety, low mood, anger and stress) with strategies and signposting to relevant services in Birmingham.

Aimed at the Selly Oak locality, delivered with Malachi Trust & Birmingham Children's Partnership.

Tuesday 15th March 2021 - 10.30am-12noon Book via Eventbrite:

<https://www.eventbrite.co.uk/e/supporting-children-young-peoples-mental-health-tickets-143437931715>

 <https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

Pause.

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