



Together For Young Peoples Emotional Wellbeing



## Carr Hill parents and carers are invited to attend an online Together Workshop with Lancashire Mind

Supporting a young person with their mental health? The Together Workshops are a safe, respectful and supportive space where parents & carers can share experiences, learn from others and take away new tips & techniques in supporting family wellbeing when your young person is struggling.

Alongside other parents, carers and supporters, you will explore;

- Myths & facts about mental health
- Common signs & symptoms
- Dealing with challenges
- Communication and reflection
- Where to get support locally
- Self care & family wellbeing
- Peer support

Monday 28<sup>th</sup> September  
4-6pm

Please sign up at @

<https://www.lancashiremind.org.uk/events/75-together-workshop-carr-hill-high-school-parents-and-carers>

A link to the Zoom meeting will be sent once registration is confirmed.  
Please note that there is a maximum of 8 attendees.