

INFORMATION SESSION · PARENTS & CARERS

Supporting Your Child's Mental Health and Wellbeing

Navigating your child's emotional wellbeing can feel complex, but you don't have to figure it out alone. Join an Educational Psychologist for a supportive, evidence-based session designed for parents and carers.

- What mental health looks like in growing children and young people
- Practical strategies to build emotional resilience at home
- How to spot when extra support might be needed

THURSDAY

12

November

Duchess's High School, Alnwick

Starts 4pm

WEDNESDAY

18

November

Ponteland Primary School

Starts 4pm

WEDNESDAY

25

November

John Spence Community High School

Starts 4pm