

# Mental Health and Wellbeing Parent Workshops

- Are you a parent based in the Trafford area with a child aged 5-12 years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



**Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics.**

**No booking required!**

**We encourage parents to attend the full workshop to gain the most benefit.**

King's Road Primary School

King's Road, Stretford, Manchester, M16 0GR

Wednesday 27<sup>th</sup> February, 9:30-11am- **Behavioural Difficulties**

Seymour Park Community Primary School

Northumberland Road, Stretford, Manchester, M16 9QE

Wednesday 6<sup>th</sup> March, 9:30-11am- **Anxiety**

Partington Library, Room 3

91 Central Road, Partington, M31 4FL

Thursday 14<sup>th</sup> March, 9:30-11am- **Bullying**

Lime Tree Primary Academy

Budworth Road, Sale, M33 2RP

Wednesday 20<sup>th</sup> March, 9:30-11am- Supporting your child through **Parental separation and Divorce**

**You can also see our event details and updates on Facebook and Twitter**



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