**Stress and the Teenage Brain-** **Thursday 25th August 6.30-8.30pm at VOCAL Edinburgh Carers’ Hub, 60 Leith Walk, EH6 5HB**

This session will allow parents and carers to explore the impact of teenage brain development and stress on young people’s emotional wellbeing and consider ways we can all manage stress more effectively.

*The session will be facilitated by the City of Edinburgh Parent and Carer Support Team and Health in Mind.*

Places will be limited. For more information or to book a place please contact Jillian Hart, Parent and Carer Support Development Officer by emailing [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or call 07860 736129

Parents and carers can also sign up for the **Parents Mind Well Roundup – Information on Mental Health supports for children, young people and their parents and carers**

This quarterly newsletter will share the latest mental health news, activities and support available for children, young people, and their parents and carers in Edinburgh. All of the new Mind Well support sessions for this term will be listed in the Autumn edition. The newsletter will be sent by VOCAL (Voice of Carers Across Lothian) and parents can sign up by visiting the following page on their newsletter platform: [Sign up to receive the Parents Mind Well Roundup newsletter](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Feepurl.com%2Fh4fcY9&data=05%7C01%7CLauren.Lynch%40nhslothian.scot.nhs.uk%7C69b11a2440594b060e1008da80244b73%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C637963190619162936%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YnOJn2DSHzQThYDFI72yBGeBdRbRoa0%2FFX%2BsbOdIJRY%3D&reserved=0)