

Name of Workshop:

Mental Health and Wellbeing of Parents and Carers.

Aim of Workshop:

To recognise the signs and symptoms of mental health problems
To consider what can contribute to mental health problems.
The importance of self-care
The five ways to wellbeing
Where to go for further help and support in Blackpool

Length of Workshop:

Up to 3 hours.

Who would benefit from the Workshop?

Parents/Carers/Professionals working with families, Professionals for CPD

Example of Resources shared?

Five Ways to Wellbeing Booklet, Stress Bucket, Apps for Mental Health Support, Self-Kindness Toolkit.

Delivered by:

Children Young People Primary Mental Health Service (CYP PMHS) :
Blackpool Primary Mental Health Workers (PMHW)

Apply:

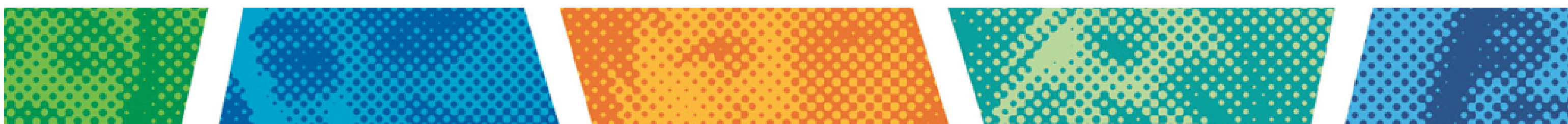
[Blackpool Safeguarding Partnerships Events - 15 Upcoming Activities and Tickets | Eventbrite](#)

Venue:

@ The Grange

Date & Times:

Wednesday 6th November 09:30 -12:30



Name of Workshop:

Understanding a child's mental health and wellbeing

Aim of Workshop:

To raise awareness and understanding of my child's wellbeing
To be able to spot the signs and symptoms of distress in my child.
To enable you as parents and carers to respond to my child when they are distressed.

Length of Workshop:

Up to 3 hours.

Who would benefit from the Workshop?

Parents/Carers/Professionals working with families, Professionals for CPD

Example of Resources shared?

Emotion wheel, five ways to wellbeing & emotional regulation leaflet

Delivered by:

Children Young People Primary Mental Health Service (CYP PMHS) :
Blackpool Primary Mental Health Workers (PMHW)

Apply:

[Blackpool Safeguarding Partnerships Events - 15 Upcoming Activities and Tickets | Eventbrite](#)

Venue:

Bispham Scout Hut

Date & Times:

Wednesday 4th December 09:30 -12:30

