



Helping you find your way to wellbeing
NEL Mental Health Support Teams

Free online webinars for parents/carers

SUPPORTING YOUR CHILD'S EMOTIONAL HEALTH & WELLBEING DURING COVID-19

These free webinars are for parents/carers living in North East Lincolnshire. The aim of the webinars is to support you to **support your child or young person's mental health and emotional wellbeing** during these unprecedented and often confusing times. The webinars will provide useful **information, advice, practical strategies,** and **opportunities** to develop peer networks and **share experiences**. The key themes of the webinars have been identified by a local survey which looked at some of the difficulties parents and carers are currently facing (i.e. anxiety and low mood).

Webinar 1:

Thursday 12th November at 10am (1.5 hrs)

Webinar 2:

Thursday 12th November at 6pm (1.5 hrs)

To **register** for our free webinar please visit:

<https://www.compass-uk.org/compass-go-webinars/>

For more information please contact us on:

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