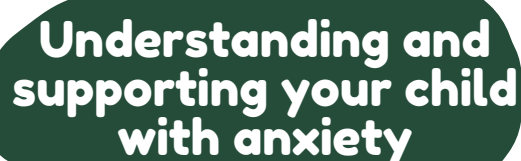


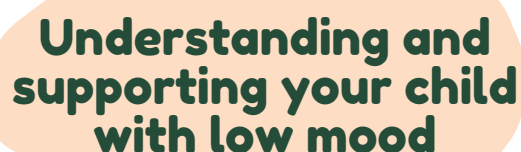
## Parent Workshops: Increasing understanding and supporting your child with their mental health

Wednesday 4th  
August 2021 at 4pm :



Understanding and  
supporting your child  
with anxiety

Monday 16th  
August 2021 at 4pm :



Understanding and  
supporting your child  
with low mood

Wednesday 18th  
August 2021 at 4pm :



Understanding and  
managing your  
child's behaviour

Each workshop will be online and will last approximately an hour. They will include information about the triggers, signs and symptoms and some helpful strategies that you can use as a parent. Sign up with your email via the link or by scanning the QR code below for the workshop(s) you wish to attend and you will be sent a link prior to the day of the workshop via email with instructions of how to join.



We are your  
Surrey Health  
Mental Health  
Support Team



<https://forms.office.com/r/0ZeD4kDJaQ>