Just Psychology

Trafford Sunrise

Mental Health and Wellbeing

July 2020 Parent Workshops (for parents with children aged 10 -16)

- Are you a parent based in the Trafford area with children aged 10 -16 years?
- Would you like guidance, information and resources on parenting?
- Would you like to meet parents in similar situations and share ideas?

Our parent workshops (for parents with children aged 10 -16) aim to help you support your child when they are transitioning into young adults. Let's talk about Depression and Low mood, Anxiety, Behavioural Difficulties, Online Well-being and Managing Transitions.

No booking required! Join us Online via Zoom.
You need to be a Trafford resident to attend the online workshop.

Social Media & Online Safety

Tuesday 14 July
10:00 am – 11:30 am
Zoom Meeting id: 7409073128
https://zoom.us/j/7409073128

Behavioural Difficulties

Tuesday 21 July
10:00 am – 11:30 am
Zoom Meeting id: 7409073128
https://zoom.us/j/7409073128

Depression & Low Mood

Monday 27 July
5:00 pm – 6 :30 pm
Zoom Meeting id: 7409073128
https://zoom.us/j/7409073128

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

facebook.com/JustPsychologyCIC/

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