

Parent and Carer Information and Support Sessions

on

Young People's Emotional Wellbeing and
Mental Health Issues

An opportunity to meet other parents and
supportive professionals in a safe relaxed environment.

Thursday 11th February 2016

Drumbrae Library Hub, 6.30-8.30pm

Communication with Teenagers-

*Exploring the challenges of keeping
the lines of communication open with
teenagers who have emotional
wellbeing and mental health issues.
Considering ways to listen so that
teenagers talk and talk so that
teenagers listen.*

Thursday 3rd March 2016

Drumbrae Library Hub, 6.30-8.30pm

Understanding and Managing Stress-

*Considering the impact of stress on
teenagers and practical ideas to help
them to manage some of the
challenges.*



Suitable for parents and carers of 11-18 year olds

For more information or to book a place on any of the sessions please contact
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email
jillian.hart@edinburgh.gov.uk

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