

Mental Health and Wellbeing Trafford Sunrise Parents/Carer's Workshops 2023

- Are you a parents/carer based in the Trafford area with a child aged **5-12** years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics. **Please note these workshops are for parents/carer's only.**

Pre-registration is required for online workshops only.

You need to be a Trafford Resident to participate in this workshop.

Date	Time	Location	Topic
05/05/23	09:30-11:00am	Online	Transitioning to high school
10/05/23	09:30-11:00am	Seymour Park primary school	Transitioning to high school
16/05/23	09:30-11:00am	St Vincent's Primary school	Transitioning to high school
26/05/23	09:30-11:00am	St Vincent's Primary school	Anxiety

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