

FREE Workshop for Parents/Carers

Supporting Adolescents who have Anxiety and/or Low Mood



OVERVIEW:

This online informal forum is aimed at parents and carers who are supporting adolescents with low mood and/or anxiety.

This free workshop is for parents and carers who wish to expand their knowledge and confidence about the conditions, as well as gain tips and advice on how to support their child.

NESSie is a not-for-profit organisation of BACP and HCPC registered Arts Therapists and Counsellors that supports the mental health of children and young people.

Date: Tuesday 8th February 2022

Time: 1.15 – 2.30pm

Venue: Online via Teams. *A link will be sent out via email on the morning of the training.*

Cost: FREE. This event is funded by Hitchin Mental Health Recovery Team

Booking essential!

TO BOOK A PLACE PLEASE [CLICK HERE](#)

Or visit: nessieined.com

Helping children and young people thrive

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