



Parenting NI will be offering parents living within the WHSCT a range of opportunities around the theme of mental health and emotional wellbeing. Please see below for more information, and I would be very grateful if you could share across your networks so that we can reach as many parents as possible. **Parents who wish to reserve a space just need to call the Parenting NI Support Line on 0808 8010 722.**

Tuesday 25th October, 6.30 – 7.30pm via zoom

Top Tips – Parents Emotional Health (practical advice and guidance to support positive parental mental health and wellbeing)

Tuesday 25th October, 8.00 – 9.00pm via zoom

Top Tips – Childrens Emotional Health (practical advice and guidance for parents so that they can support the mental health and wellbeing of their children)

Tuesday 8th November, 7.00 – 8.30pm x 6 weeks via zoom

Sink or Swim (Positive Mental Health Programme for Parents)