

**WITH
ME
MiND**

FREE

VIRTUAL WORKSHOP

NHS

for parents & carers who are interested in:

- Meeting and chatting with other parents and carers to support children's wellbeing
- Supporting the **With Me in Mind** team to develop an effective service for parents, carers and children to use
- Learning how to support children who may be struggling with their emotional or mental health

If YES join us on Thursday 27 August 2 - 3pm

The workshop will take place over **Zoom: <https://zoom.us/join>**

For further information please email:
rdash.with-me-in-mind@nhs.net or contact
your With Me in Mind Practitioner.

If you let us know that you would like to
attend, you will be sent an invitation to access
the virtual workshop beforehand.