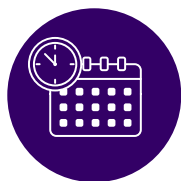


Healthy Me for Parents & Carers (Evening session)

action
mental
health



Mon 12th Sept 7.00pm - 8.30pm



In this FREE online session, we will explore:



**Trauma informed Mental Health Awareness
& the importance of self-care**



**Learning tips to promote resilience &
wellbeing**



Recognising trauma signs & symptoms



Where to find other sources of support

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