



## Healthy Me for Parents & Carers (Morning session)

action  
mental  
health



Mon 12th Sept 10.30am - 12 noon



*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

*Click here to sign up*



**REGISTER**