

Are you worried your teenager is finding it hard to cope with the pressures of school and friendships?

Have you noticed your child/teenager acting differently as a result of the pandemic?

# SUPPORTING YOUR TEENAGER TO BUILD RESILIENCE & POSITIVE MENTAL HEALTH

The aims of this session are to help you to

- Identify the signs and symptoms of a child/teenager struggling with their mental health
- Support your child/teenager to make positive choices for their wellbeing
- Learn strategies and activities to support their mental health and resilience
- Reflect on the impact of the pandemic and how we can support children/teenagers to move forward

## JOIN OUR VIRTUAL SESSION

1ST JULY 2021

4-5PM

Please contact [deborah.kaiser@camden.gov.uk](mailto:deborah.kaiser@camden.gov.uk) to book.

*You will be sent a Zoom link 24 hours before the session*