

Parent and Carer Information and Support Sessions on **Young People's Emotional Wellbeing and Mental Health Issues**

An opportunity to meet other parents and supportive professionals in a safe relaxed environment.

Communication and teenagers

Exploring the challenges of keeping the lines of communication open with teenagers who have emotional wellbeing and mental health issues. Considering ways to listen so that teenagers talk and talk so that teenagers listen.

Tuesday 25th April ,6.30-8.30pm

Southside Community Centre, 117
Nicolson Street, EH8 9ER

Stress and the Teenage Brain

Tuesday 30th May, 6.30-8.30pm

Southside Community Centre, 117
Nicolson Street, EH8 9ER



Suitable for parents and carers of 11-18 year olds

For more information or to book a place on any of the sessions please contact Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email jillian.hart@edinburgh.gov.uk