

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 teen-
agers 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

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