

Parenting NI will be offering parents living within the WHSCT a range of opportunities around the theme of mental health and emotional wellbeing. Please see below for more information, and I would be very grateful if you could share across your networks so that we can reach as many parents as possible. **Parents who wish to reserve a space just need to call the Parenting NI Support Line on 0808 8010 722.**

Tuesday 25th October, 6.30 – 7.30pm via zoom

Top Tips – Parents Emotional Health (practical advice and guidance to support positive parental mental health and wellbeing)

Tuesday 25th October, 8.00 – 9.00pm via zoom

Top Tips – Childrens Emotional Health (practical advice and guidance for parents so that they can support the mental health and wellbeing of their children)

Tuesday 8th November, 7.00 – 8.30pm x 6 weeks via zoom

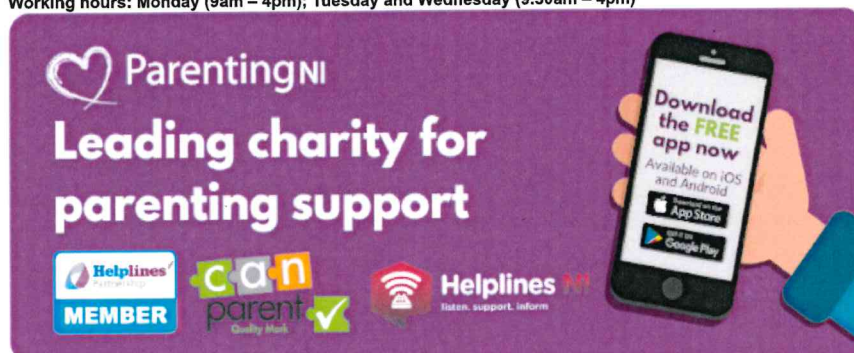
Sink or Swim (Positive Mental Health Programme for Parents)

Many thanks

Kelly Barbour

Parenting Support and Programme Coordinator

Working hours: Monday (9am – 4pm); Tuesday and Wednesday (9.30am – 4pm)

A purple rectangular graphic with white and yellow text. At the top left is a white heart icon followed by 'ParentingNI'. Below this is the text 'Leading charity for parenting support' in a large, bold, white font. At the bottom left are three logos: 'Helplines MEMBER', 'can parent Quality Mark', and 'Helplines Listen. support. inform'. On the right side, a hand is holding a smartphone. The phone screen displays the text 'Download the FREE app now', 'Available on iOS and Android', and logos for the 'App Store' and 'Google Play'.

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