

# VIRTUAL

# FREE



# PARENT WORKSHOPS

With Me in Mind are delivering workshops on a variety of subjects to support your child, these workshops are aimed at parents with primary aged children.

## **Understanding Self-Harm Tuesday 23rd January @ 6pm**

Do you have concerns surrounding your child self-harming? Would you like some strategies on how to support your child with this? This workshop will explore understanding how to spot the signs of self-harm and how you can support your child with safer ways to cope and communicate what is going on for them.

## **Supporting Body Positivity and Disordered Eating Tuesday 20th February @ 6pm**

Join With Me in Mind and the Community Eating Disorder Service to learn how a negative body image and diet can impact on emotional wellbeing. We will look at the impact social media has on our children's body image, discuss spotting the signs of a negative body image and disordered eating. We will also explore ways you can support your child through sharing helpful strategies and signposting for further support.

## **Sleep Well Workshop Tuesday 19th March @ 6pm**

Is your child experiencing difficulties with their sleep? Do you want strategies to help improve your child's sleep? Sleep is very individual and can be challenging for some young people. Join With Me in Mind North Lincolnshire to discuss the importance and impact of sleep, what the sleep cycle is and to find out practical tips around improving their sleep routine.



**SCAN HERE**