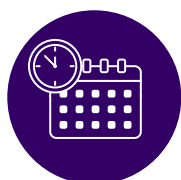


Healthy Me for Parents & Carers (Morning session)

action
mental
health



Mon 12th Sept 10.30am - 12 noon



In this FREE online session, we will explore:



**Trauma informed Mental Health Awareness
& the importance of self-care**



**Learning tips to promote resilience &
wellbeing**



Recognising trauma signs & symptoms



Where to find other sources of support

Click here to sign up



REGISTER