

# 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.

**Thursday 11th February 2016**

Drumbrae Library Hub, 6.30-8.30pm

***Communication with 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.*

**Thursday 3rd March 2016**

Drumbrae Library Hub, 6.30-8.30pm

***Understanding and Managing Stress-***

*Considering the impact of stress on teenagers and practical ideas to help support them to manage some of the challenges.*



**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](mailto:jillian.hart@edinburgh.gov.uk)