

**TIME
FOR
ME**



Supporting Scotland's
mental health for
100 YEARS

**CHILDREN AND YOUNG PEOPLE
MENTAL HEALTH AWARENESS
WORKSHOPS
FOR PARENTS AND CARERS**

As part of the Time for Me programme SAMH delivers free workshops to Edinburgh South West parents/carers around children and young people's mental health, and the importance of looking after yourself while looking after others. All workshops are 90 mins and delivered online, via MS Teams.

**Managing my Wellbeing
Friday 17 Nov 10:30am - 12:00pm**

This workshop outlines the importance of self-care and self-compassion. It introduces the many strands of self-care and the SAMH 5 Ways to Better Wellbeing and considers how parents and carers can introduce these into their lives.



**Listening to and supporting my child
Monday 20 Nov 6pm - 7:30pm**

This workshop provides parents and carers with the knowledge and skills to have mental health conversations with their child. It explores the stresses that children and young people experience, and helps parents and carers learn how to start conversations. It also explores supporting your child, even when they do not want to talk about how they are feeling.



**Understanding and managing stress and anxiety
Monday 18 Dec 6pm - 7:30pm**

This workshop explores the worries and stress that young people experience, and how it can develop into anxiety. This workshop includes coping strategies, breathing and grounding activities that you can share with your child.



Please note that these workshops are an information session and parents/carers are not expected to share personal stories. We will however be giving out lots of useful information and support links.

**Scan to
book!**

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