

Battersea Mental Health Support Team

The Battersea Mental Health Support Team will be offering a series of parent workshops over the coming weeks. All workshops are free and parents can sign up directly using the link in this flyer.

Workshops will be approx. 45 minutes in length and have a Q & A at the end.

Lockdown Learning and Children's Emotional Wellbeing: I can't do it, I won't do it, I don't care.	Wednesday 27 January	5:30pm—6:30pm	Register for this session here
	Wednesday 29 January	9:30am—10:30am	Register for this session here
Lockdown Learning: Uncertainty, Stress and Motivation. Strategies to Support your teenager during lockdown.	Wednesday 3 February	5:30pm—6.30pm	Register for this session here
	Friday 5 February	9:30am—10:30am	Register for this session here
Creativity, Communication and Connection			
Understanding the challenges children are facing and using creative therapeutic strategies to support children to communicate and express their feelings.	Tuesday 9 February	10:00am– 11:00am	Register for this session here
Creativity, Communication and Connection			
Understanding the challenges adolescents are facing and using creative therapeutic strategies to support adolescents to communicate and express their feelings.	Wednesday 10 February	10:00am– 11:00am	Register for this session here

If you have any queries or questions please email wandsworthwp@swlstg.nhs.uk



**Are you OK
Wandsworth?**

www.swlstg.nhs.uk