

# Supporting children and young people's mental health

Free online workshops for Hertfordshire Parents/Carers



Monday  
24th April

Anxiety

10.00 - 11.30 am

Thursday  
4th May

Self Harm

9.30 - 11.00 am

Wednesday  
10th May

Emotionally Based  
School Avoidance

10.00 - 11.30 am

Tuesday  
16th May

Gender Questioning

10.00 - 11.30 am

Wednesday  
24th May

Bereavement and Loss

1.00 - 2.30 pm