

Struggling to support a young person (11-25yrs) with their mental health?



Need advice, reassurance and tips for increased resilience?

Keen to meet other parents with similar challenges?

Open to sharing your thoughts/feelings to reduce anxiety/stress?

If yes, then come along to Mind's (in Havering, Barking & Dagenham)



For parents of young people (11-25yrs) with mental health challenges

Wednesdays, 6 - 8pm (via Zoom)

A 6 week programme starting 16th March 2022

To register, please send your contact details to parents@haveringmind.org.uk and we will be in touch or call 01708 457040