

## Parental Engagement Team



Platform to Talk is a safe space for parents to come together, share their experiences and get reliable information. Led by experienced practitioners from the Schools and Families Team; the sessions cover a range of topical issues from family life, parenting, health and well-being, school and more.

## Supporting Children's Mental Health

To coincide with Child Mental Health Week, this session explores ways you can talk to children about mental health. You will pick up some practical ideas on how to support your child's emotional well-being and help build their resilience.

**Tuesday 6<sup>th</sup> of February**

**10am- 11am**

**Zoom Link**

<https://us06web.zoom.us/j/88467574253?pwd=MDOOnU7zWZRkCsHEHTjaQqaigqUGLEU.1>

**Meeting ID: 884 6757 4253**

Passcode: 5j5Amg