

Free course

# PARENTING IN MIND



**Aimed to help parents and carers understand the different mental health issues which a young adult may be experiencing.**

Are you a parent/guardian or carer of a young adult and concerned about how to best support their mental health?

The past few years have been challenging for many, especially our young adults who have been deprived of not just school, but social interaction and peer to peer relationship building.

This FREE 12 week course is delivered online in the evenings for your convenience.

You will have access to your tutor via weekly online discussions for further guidance between sessions. The course will be a safe space of mutual respect and confidentiality and all discussions will be treated with sensitivity.

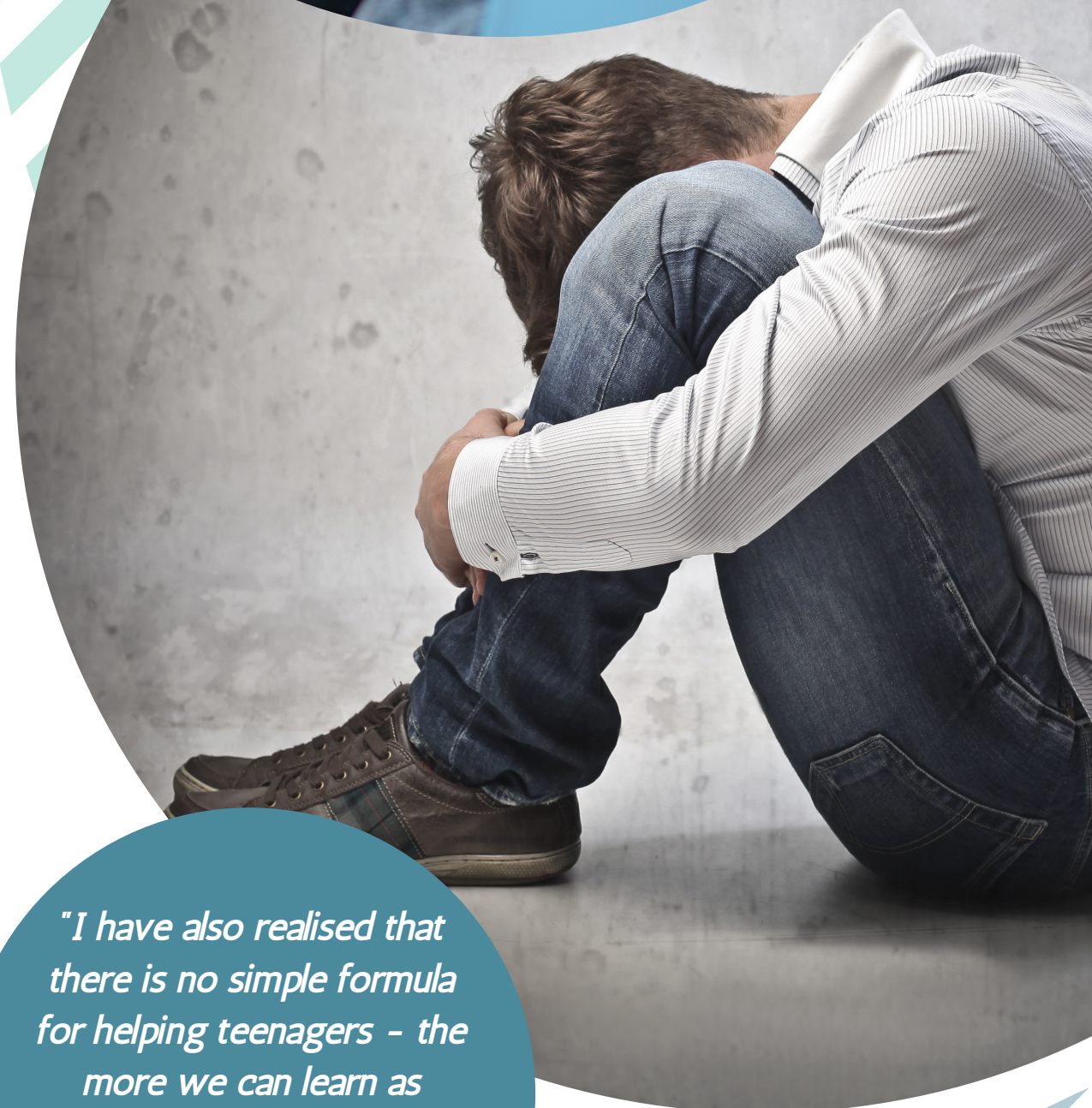
**Start Date: Monday 18th July 6.30pm-8.30pm**

Reserve your place by enrolling:

[www.sgscol.ac.uk/parentinginmind](http://www.sgscol.ac.uk/parentinginmind)



*"This course has helped me to understand how my own thoughts/feelings are significant in how my children relate to me and express their own emotions."*



*"I have also realised that there is no simple formula for helping teenagers - the more we can learn as parents, the better we're able to adapt and provide help without being so anxious."*