

HELPING TEENAGERS MANAGE THEIR THOUGHTS AND FEELINGS IN THE CURRENT SITUATION

Online Parent Workshop

Are you struggling with ways to talk to your teenager?

**Are you struggling to understand your teenager's thoughts
and feelings during this difficult time?**

**Would you like some tips and strategies to help you
support your teenager?**

IF YES, PLEASE JOIN US!

Thursday 4th June at 10am & 4pm

Friday 5th June at 12:30pm & 4pm

Monday 8th June at 12:30pm & 4pm

Tuesday 9th June at 10am & 12:30pm

Thursday 11th June at 10am & 4pm

**Email SuttonCWP@swlstg.nhs.uk for a link to
the workshop**



Sutton Children's Wellbeing Service

NHS
South West London and
St George's Mental Health
NHS Trust