

**YMCA EAST SURREY**

Proud to be part of  
**Mindworks  
Surrey**

The children and young people's emotional  
wellbeing and mental health service

# Children's Wellbeing Parent Workshops

YMCA East Surrey's Community Wellbeing Team invites you to attend our free online parent workshops:

- ▶ Talking to your child and supporting them to cope with worries
- ▶ Understanding, expressing and managing emotions

These workshops are suitable for parents with children aged 8+. Our Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.



For dates and times and to book your place,  
please visit our website:

[www.ymcaeast Surrey.org.uk/parent-workshops/](http://www.ymcaeast Surrey.org.uk/parent-workshops/)

   YMCAEastSurrey

# YMCA

Here for young people  
Here for communities  
Here for you