

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Building resilience
in your child.**

**Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)**

**On the 2nd of June,
Online, on Teams:**

**From:
1pm to 2pm**

Who is it for:

**Parent who want to
learn more about**

**How stress affects
children and young
people**

**How you can support
your child to build
resilience and
improve their
wellbeing.**

Join on Teams

Meeting ID:

391 708 672 432 8

Passcode: T7wQ9ip7

