

# Mental Health and Wellbeing Trafford Sunrise Parent Workshops July 2021

- Are you a parent based in the Trafford area with a child aged 10-16 years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?



**Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics.**

**Join our Zoom Workshops for Free! Pre-registration is required.**

**You need to be a Trafford Resident to participate in this workshop.**

## Managing Change

Tuesday 20<sup>th</sup> July 2021  
10am – 11:30am

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJwldu2vqz0rGNUGcd0EBWwebPfnkG4YKfr6>

*Make sure to register early as there are limited spaces.*

You can also see our event details and updates on Facebook and Twitter