

FAMILIES AND COMMUNITIES TEAM

## PARENT CARER WORKSHOPS



### Suicide and Self-harm awareness (90 minutes)

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Carer Workshop** which will provide information, advice and strategies to empower parents/carers to effectively support children with their wellbeing.

The Programme is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place, please contact the [FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk), who will contact you with further details. **Please state the workshop name and date in your email subject box and provide a contact number.** Places are limited and will be allocated on a first come basis.



### Parent Carer Workshop

- Wednesday 5<sup>th</sup> July – 1.00 pm to 2.30 pm.