



PARENTAL WELLBEING

FAIRISLE JUNIORS AND SOUTHAMPTON MHST ARE OFFERING A PARENT/CARERS WORKSHOP



Who is the workshop for: Parents/carers

Workshop Duration: 90 minutes

When: 13:30pm on Thursday 9th November

Where: Fairisle Junior School

Overview of Content

This workshop explores the importance of parent/carers looking out for their own wellbeing and suggests practical ways they can support their mental health and wellbeing. Parents / carers will have time to create their own wellbeing action plan to take away with them and options for accessing further support will be discussed.

Stay & Play

At the end of the workshop, children will be allowed to join their parents for a short stay and play session. This is optional but maybe a nice way to spend time with your child and other parents/carers.

- Introduction to the MHST
- Why parental mental wellbeing matters
- Getting the basics right
- 6 ways to wellbeing
- Values based living
- The capacity cup
- Signposting information

no referrals are needed for people to access a workshop, they are a universal support