

SOUTHAMPTON MENTAL HEALTH IN SCHOOLS TEAM

You're invited to our upcoming workshop on...

PARENTAL WELLBEING

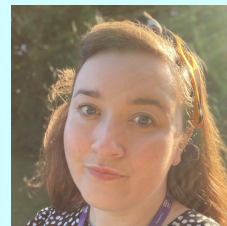
Our workshops are informal, non-judgemental, spaces where you can find out more about the topic, take away some practical tips, and meet other parents/carers in similar situations.

Come along and find out more about...

- The importance of caring for your own wellbeing as a parent/care-giver
- Practical ways you can support your mental health and wellbeing
- Where you can get further support if you need it

Meet the facilitator - Nikki

Hi, I am excited to meet you at the workshop.



Monday 26th January 2026

1:25 arrival - 1:30-3pm workshop.
Fairisle Junior School.

Please complete the google forms so that we have a rough idea of numbers.