

Free Training

for parents and carers living in West Sussex



Never been to a virtual learning event?

It is like an on-line workshop where you can see the trainer, other attendees, you can type questions, draw on whiteboards, meet with others in break out rooms and see a whole host of visual and written resources. You can also simply watch and learn if that's your preference.

About the event

In this workshop, we will explore the common issues that young people face, and difficulties around talking about mental health and emotional wellbeing.

The session will include practical strategies and approaches that parents, carers and family members can use when talking with their child about mental health, and strategies to learn to build wellbeing and resilience.

Choose your date and click on the links below to book your place.

**These are the last available dates and places are limited so
book now!**

Saturday 26 November 2022 - 10.00am - 1.00pm

Tuesday 6 December 2022 - 5.30pm - 8.00pm

Thursday 12 January 2023 - 2.15pm - 5.15pm

Saturday 28 January 2023 - 10.00am - 1.00pm

Thursday 2 February 2023 - 10.30am - 1.30pm

Tuesday 7 February 2023 - 5.30pm - 8.00pm

Thursday 9 February 2023 - 5.30pm - 8.00pm

Saturday 4 March 2023 - 10.00am - 1.00pm

Thursday 9 March 2023 - 2.15pm - 5.15pm

[Saturday 11 March 2023 - 10.00am - 1.00pm](#)

[Thursday 16 March 2023 - 10.30am - 1.30pm](#)

[Tuesday 21 March 2023 - 5.30pm - 8.00pm](#)

[Saturday 25 March 2023 - 10.00am - 1.00pm](#)

Training at West Sussex Mind

The Training Team at West Sussex Mind are here to help with all your training needs, whether it be Mental Health First Aid training, Mental Health in the Workplace training, Workshops for Parents and Carers, or Anytime E-Learning courses.

For any bespoke training please email:
training@westsussexmind.org

West Sussex  mind

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