

**YMCA EAST SURREY**

## Children's Wellbeing Parent Workshops

Proud to be part of  
**Mindworks  
Surrey**

The children and young people's emotional  
wellbeing and mental health service

YMCA East Surrey's Community Wellbeing Team  
invites you to attend our free online  
parent workshops:

- ▶ Talking to your child and supporting them to cope with worries
- ▶ Understanding, expressing and managing emotions

These workshops are suitable for  
parents with children aged 8+. Our  
Community Wellbeing team will provide  
you with information and key strategies  
to support your child. There will also be  
time for you to ask any questions that you have  
via the online chat function.

Each workshop runs once a month; for dates and  
times and to book your place, please visit our website:

**[www.ymcaeastsurrey.org.uk/parent-workshops/](http://www.ymcaeastsurrey.org.uk/parent-workshops/)**

   YMCAEastSurrey



# YMCA

Here for young people  
Here for communities  
Here for you