

PARENT WORKSHOP: SUPPORTING SADNESS IN CHILDREN



This workshop is delivered by **Compass Changing Lives**, a Mental Health Support Service who work with children, young people, and families in Derby and Derbyshire.

Supporting sadness in children workshop, is for parents/carers to gain a better understanding of how low mood may present in young people, and to improve your knowledge and understanding of supportive strategies.

The following areas will be covered in the workshop;

- ♥ Causes and symptoms of low mood in children
- ♥ Identifying low mood in young people
- ♥ How to support a young person with low mood



LOCATION: SHELTON JUNIOR SCHOOL
DATE: MONDAY 6TH FEBRUARY 2023
TIME: 3:30PM



**TO FIND OUT MORE OR BOOK YOUR PLACE,
CONTACT THE SCHOOL ADMIN OFFICE**

