

Understanding and Promoting Mental Health and Wellbeing in Your Family

Warwickshire Educational Psychology Service (EPS) has developed a webinar for parents and carers of children and young people.



The webinars are **free** to access and aim:

- To consider mental wellbeing and mental health needs.
- To consider commonly experienced mental health needs.
- To explore ways to assist young people experiencing mental health needs.
- To explore ways to promote mental wellbeing in yourself and your family.

The webinars will run on 2nd February from 9.30am to 11am and 11th February from 1pm to 2.30pm and consist of a presentation and an opportunity to engage in a question-and-answer session with the presenters. Both webinars are identical and you are welcome to sign up to one or both of them.

How to sign-up to a webinar:

- Ctrl and Left Mouse Click on the link: [here](#)

OR

- Scan the QR code using a smart phone



Once signed up, you will be emailed the link to the webinars the day before each event. If you can't watch live, the link will still be available for 30 days after the event. If you experience any difficulties, please contact Julie O'Connor on 01926 742911 at the Educational Psychology Service.