

MIDLAND MENCAP'S WELLBEING WORKSHOPS FOR CARERS

▶ Sessions are delivered via zoom with a limit of 10 per session so it is essential you email to book on
Monday's 10:00am-12:00pm

12/04/2021

Sleep Well and Relaxation

This will guide you with lots of techniques on how to get that good night sleep and create a realistic sleep routine. This will also cover relaxation techniques to use at night time

10/05/2021

Mental Health Awareness in Children and Young People

This will give you an understanding of the signs and symptoms of Stress, Anxiety and Depression in children and young people and how to support them

19/04/2021

Mindfulness Practise

This session will help you understand what Mindfulness is and how we can incorporate it into our daily lives and practice exercises to be more 'present'

17/05/2021

Building Emotional Resilience

This will cover what we mean by the term 'Emotional Resilience' and what steps we can take in our day to day life to improve and build overall emotional resilience

26/04/2021

Mental Health Awareness

This will give you an understanding of the most common Mental Health conditions including: Stress, Anxiety, Depression and Bi-Polar

24/05/2021

Healthy Relationships for Parent Carers

This will support you in understanding the new guidance around relationships and sex education as from September 2020. This will cover your rights as a family and how to ensure your child's needs are met

03/05/2021

Building Confidence and Self-Esteem

This will guide you with lots of techniques on how to improve your confidence and self-esteem with practical interventions to use on a daily basis



TO BOOK ON:
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OR CALL: 07533171847