



## Healthy Me Parents & Carers Zoom Session

In recognition of **Mental Health Awareness week**, 18<sup>th</sup> – 24<sup>th</sup> May 2020, the AMH MensSana team have developed a bitesize session based on our 'Healthy Me' programme for parents and carers around this year's theme of **'Kindness'**.

This session aims to:

- Identify the issues you are facing during lockdown
- Raise awareness about mental health
- Highlight self-care techniques for building resilience and confidence
- Show how and where to access support

3 sessions will be delivered online each day via Zoom and will last 30 minutes so you can choose a day and time that suits you best.

**Monday 18<sup>th</sup> – Friday 22<sup>nd</sup> May 2020**

**10:30am, 3:30pm & 8:00pm**

If you are interested in attending, please register via Eventbrite where further details are available:

<https://www.eventbrite.co.uk/e/healthy-me-parent-carer-workshop-kindness-tickets-105274226044>

