



## Healthy Minds Lincolnshire Online Workshops 2020

The following workshops will be delivered online via WebEx. Any of the below workshops can be booked onto via our Eventbrite page here (places are limited to 8 people per workshop): <https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

**\* Please note that sessions for Nov-Dec will go live on Eventbrite in the coming weeks, so keep an eye out for new dates on our Eventbrite page.**

### Improving a Young Persons Wellbeing For Parent/Carers (Primary)

Monday 5<sup>th</sup> October 2020 @ 10.00 – 11.30  
Friday 30<sup>th</sup> October 2020 @ 09.30 – 11.00  
Thursday 12<sup>th</sup> November 2020 @ 13.00 – 14.30  
Wednesday 25<sup>th</sup> November 2020 @ 10.00 – 11.30  
Friday 4<sup>th</sup> December 2020 @ 13.00 – 14.30  
Thursday 17<sup>th</sup> December 2020 @ 09.30 – 11.00

### Improving a Young Persons Wellbeing For Parent/Carers (Secondary)

Tuesday 20<sup>th</sup> October 2020 @ 18.30 – 20.00  
Tuesday 10<sup>th</sup> November 2020 @ 11.30 – 13.00  
Monday 30<sup>th</sup> November 2020 @ 14.30 – 16.00  
Monday 7<sup>th</sup> December 2020 @ 11.00 – 12.30  
Tuesday 15<sup>th</sup> December 2020 @ 16.00 – 17.30

### Parents Supporting Children with Anxiety and Additional Needs Support Club

Wednesday 14<sup>th</sup> October & Tuesday 27<sup>th</sup> October 2020 – (Fully Booked)  
Friday 6<sup>th</sup> November & Monday 16<sup>th</sup> November 2020  
Wednesday 2<sup>nd</sup> December & Wednesday 16<sup>th</sup> December 2020

### Building Positive Self-Esteem (for Secondary aged young people)

Thursday 8<sup>th</sup> October 2020 @ 16.00 – 17.30  
Thursday 26<sup>th</sup> November 2020 @ 16.00 – 17.30  
Tuesday 1<sup>st</sup> December 2020 @ 16.00 – 17.30

### Staying Emotionally Well (for Secondary aged young people)

Wednesday 28<sup>th</sup> October 2020 @ 14.00 – 15.30  
Friday 13<sup>th</sup> November 2020 @ 18.30 – 20.00  
Wednesday 9<sup>th</sup> December 2020 @ 10.00 – 11.30