

# **Mind Well Parent and Carer Sessions** on

## **Young People's Emotional Wellbeing and Mental Health Issues**

An opportunity to gain information and meet other parents and supportive professionals in a safe relaxed environment.

### **Stress and The Teenage Brain**

This session will allow parents and carers to explore the impact of teenage brain development and stress on young people's emotional wellbeing and consider ways we can all manage stress more effectively.

*Facilitated by the City of Edinburgh Parent and Carer Support Team and Health in Mind*



**Thursday 25th August 2022,  
6.30-8.30pm**

**VOCAL Edinburgh Carers' Hub  
60 Leith Walk  
EH6 5HB**

**Suitable for parents and carers of 11-18 year olds**

**For more information or to book a place please contact  
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or  
email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)**