



The Junction

82-86 Great Junction Street

Leith, Edinburgh, EH6 5LL,

Thursdays 30th April – 4th June 2026

12.30 - 2.30pm

This free course, **open to all**, aims to explain what influences the development of positive mental health and emotional wellbeing, and why what you do makes such a difference. Parents/carers of children and young people aged Primary 7 and high school years would benefit.

Over six two-hour sessions we will cover the following topics:

- Why what you do matters.
- The Amazing Teenage Brain.
- Risky Business: Managing adventure, risk and resilience.
- It's Good to Talk: The importance of staying connected.
- The Brain Under Stress, overcoming setbacks, understanding how the brain responds to stress.
- Looking After Your Wellbeing: Coping with the changes, we explore how parents and carers can look after their own wellbeing.

To book your place please email claire.mcgeary@ea.edin.sch.uk