

Parents and carers wellbeing workshops



Support to help you navigate the journey
of raising a child in a fast-changing world

A series of **20 multimedia workshops for parents and carers living in Cornwall and the Isles of Scilly**. Designed to help you get a better understanding of the everchanging world your child is growing up in, to guide you to available services and support and to promote helpful conversation.

Learn more about...

- Supporting parents and children emotionally
- Where and how to find local support
- Healthy relationships
- Staying safe online
- Mental health and self care
- Loneliness, loss and bereavement
- Wellbeing and nature
- Sexual health
- Myth busting self harm and suicide
- Talking to your teenager
- Impact of substance/alcohol use
- Gender identity
- Equality, diversity and inclusion
- Children's Rights
- The power of books
- Dads as parent/carers

Where: Online
[facebook.com/TFFCornwall](https://www.facebook.com/TFFCornwall)

When: Mon-Thurs, 7:30-8:30pm

Dates: 7 June - 8 July



To find out more or register your interest, visit **www.facebook.com/TFFCornwall** or email **wellbeingseries@cornwall.gov.uk** with Wellbeing Series as the subject.