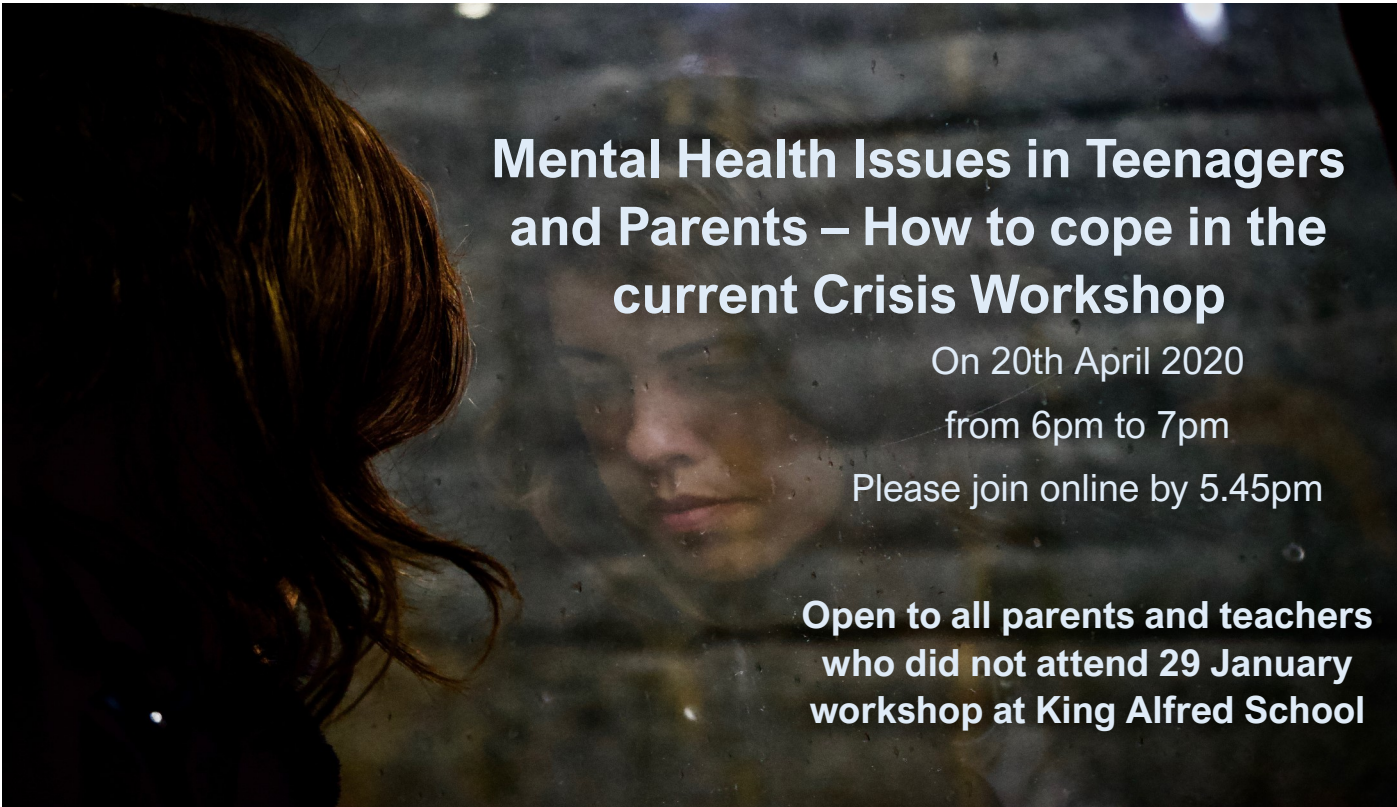


Presents a Free Workshop for parents and teachers of  
The King Alfred School an Academy, Burnham Road, Highbridge, TA9 3EE



## Mental Health Issues in Teenagers and Parents – How to cope in the current Crisis Workshop

On 20th April 2020

from 6pm to 7pm

Please join online by 5.45pm

**Open to all parents and teachers  
who did not attend 29 January  
workshop at King Alfred School**

The focus of the workshop is on general mental health, anxiety, depression, signs and how to help yourself and your teenagers, especially during the current crisis

Topics covered will include:

- ◇ A general explanation around good mental health
- ◇ How anxiety and depression can impact on this
- ◇ Discussion on specific concerns during the current crisis
- ◇ Anxiety Management Tips and advice - some ideas of how to help your teenagers and you cope with the anxiety caused by isolation and social distancing

**This workshop has been made possible via Community Funding and to obtain this we will need participants to complete and return an enrolment form prior to the workshop.**

**To book your place please click on the link below:**

<https://www.eventbrite.co.uk/e/mental-health-in-teenagers-and-adults-coping-during-the-current-crisis-tickets-92346471783>

**Please Note: This event is for Adults 19+ Only**