

SKILLS & LEARNING WITH DORSET CHILDREN'S SERVICES



FREE COURSES AT CORFE MULLEN CHILDREN'S CENTRE BH21 3LE

Understanding your child's mental health

The emotional well-being of children is as important as their physical well-being.

Good mental health will help them to grow into healthy and happy adults. To

cover *Common mental health problems *Risk Factors *Dealing with change *Promoting resilience

*How to support good mental health
*Risk Factors

**Weds 27/2 9.30am - 12noon
for 4 weeks**

Free to parents, grandparents and carers of children under 16



CALL 01202 225710 TO ENROL.



Making sense of your child's behaviour

- do you need help to make sense of how to manage it?

Come along and learn some sensory strategies and techniques to support you and your child

* No diagnostic labels

*Advice on simple ways to cope

*Share your concerns

* Restore your confidence

**Thurs 6/6/ 1pm -3.30pm for
2 weeks**