



# FREE COURSES ATLEIGH PARK CHILDREN'S CENTRE BH21 2AP

## 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

**Wednesday 24/04 9.30am -  
12 noon 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

**Wednesday 5/6 9.30am -  
12 noon for 2 weeks**