

VIRTUAL

FREE



PARENT WORKSHOPS

With Me in Mind are delivering workshops on a variety of subjects to support your child, these workshops are aimed at parents with primary aged children.

Understanding Self-Harm Tuesday 23rd January @ 6pm

Do you have concerns surrounding your child self-harming? Would you like some strategies on how to support your child with this? This workshop will explore understanding how to spot the signs of self-harm and how you can support your child with safer ways to cope and communicate what is going on for them.

Supporting Body Positivity and Disordered Eating Tuesday 20th February @ 6pm

Join With Me in Mind and the Community Eating Disorder Service to learn how a negative body image and diet can impact on emotional wellbeing. We will look at the impact social media has on our children's body image, discuss spotting the signs of a negative body image and disordered eating. We will also explore ways you can support your child through sharing helpful strategies and signposting for further support.

Sleep Well Workshop Tuesday 19th March @ 6pm

Is your child experiencing difficulties with their sleep? Do you want strategies to help improve your child's sleep? Sleep is very individual and can be challenging for some young people. Join With Me in Mind North Lincolnshire to discuss the importance and impact of sleep, what the sleep cycle is and to find out practical tips around improving their sleep routine.



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IN-PERSON PARENT WORKSHOP



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BRIGG

**Monday 22nd January
9:30am to 11am**

The Angel Community Hub
Brigg Rd, Brigg DN20 8LD



SCUNTHORPE

**Tuesday 23rd January
9:30am to 11am**

Scunthorpe Central
Carlton St, Scunthorpe DN15 6TX

SCAN HERE

WINTERTON

**Tuesday 23rd January
9:30am to 11am**

Winterton Community Hub
21 West St, Winterton, DN15 9QG

CROWLE

**Tuesday 23rd January
9:30am to 11am**

Crowle Community Hub
Market Place, Crowle, DN17 4LA

BARTON

**Tuesday 23rd January
9:30am to 11am**

Baysgarth Community Hub
Brigg Rd, Barton-upon-Humber
DN18 5DT