



The NHS Mental Health Support Team invites you to book your place on our: Parent Decider Skills Online Workshop

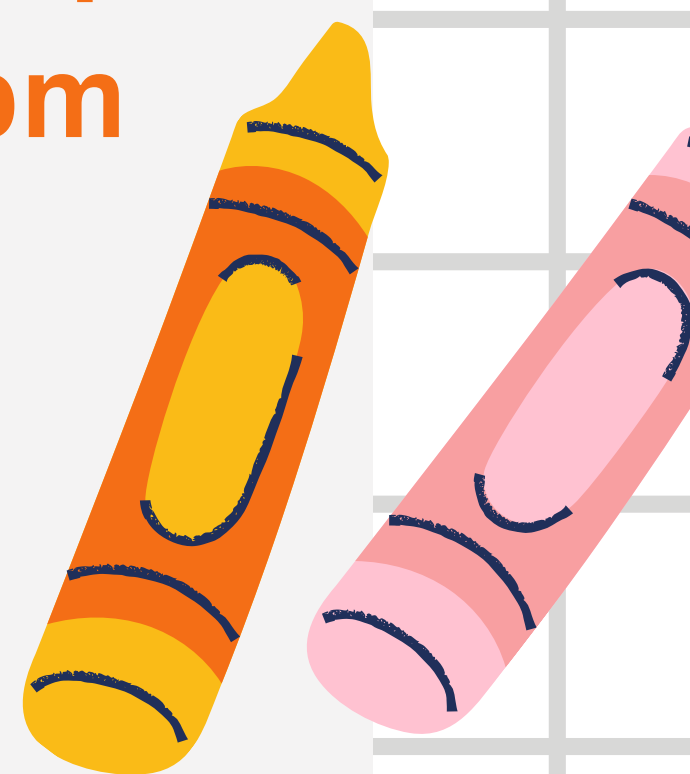
This is an online session aimed at parents and carers. Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health.

Upcoming Sessions:

- Tuesday 30th July, 10am-12pm
- Thursday 1st August, 2pm-4pm
- Wednesday 28th August, 10am-12pm
- Thursday 29th August, 2pm-4pm

To request a place, please complete the online form or scan the QR code provided:

<https://forms.office.com/e/Gpg5ytS6jp>



Sign up will close Thursday 25th July 2024