




Together For Young Peoples Emotional Wellbeing



Be my friend and spend  
time doing fun things with  
me



Lancashire

## WHAT ARE THE TOGETHER WORKSHOPS?

The Together Workshops are a safe, respectful and supportive space where you can share your experiences, learn from other parents at Central Lancaster High who have children experiencing poor mental health, and take away new tips & techniques in supporting your overall family wellbeing at home.

*Alongside other Year 11 parents and families of Central Lancaster High School, you will;*

- ❖ Explore myths & facts about mental health
- ❖ Look at common signs & symptoms
- ❖ Be equipped with dealing with challenges
- ❖ Explore communication and reflection
- ❖ Know where to get support locally



Central Lancaster  
High School

**MONDAY 1<sup>ST</sup> APRIL 2019, 4-5PM**

**CENTRAL LANCASTER HIGH SCHOOL**

**PLEASE REPORT TO RECEPTION ON ARRIVAL**

If you would like to know more, please contact Mr Mackie  
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