 

Struggling to understand your child’s mental health?

 Do you feel as though you need support?

 **Birchwood can help!**

Our Together Workshops are designed to support families and professionals of young people aged between 13-18 years, who are experiencing emotional and mental health difficulties, the aim is to help you and your child re-connect whilst developing and sharing experiences, skills and knowledge.

The workshops have been developed as a way forward in preventing hospital admission.

Workshop Aims:

* Build and inspire confidence in managing things when times are tough
* Increase awareness of wellbeing tools
* Develop and share skills
* Provide a supportive, empathetic and understanding environment

We want families and professionals who are supporting their young people to feel well equipped to manage their mental health in a positive forward-thinking way.

Tell us how you feel….

You don’t understand

