

**PORTSMOUTH MHST
ARE OFFERING:**

Parent/carers workshops over the summer holidays:

**23rd July: Understanding
stress and how it impacts on
our well-being**

**30th July: Practical ways to
manage our own stress
(Part 1)**

**6th August: Practical ways to
manage our own stress
(Part 2)**

**13th August: Understanding
the potential impact of Covid-
19 on your child/ young
person's well-being**

**20th August: Help your
child/young person manage
stress and anxiety around
transition or returning to
school**



**Every Thursday 6-8pm on
Zoom starting on
23rd July 2020.**

**There are only 20 spaces per
workshop. For more details
or to book please contact
Janine Ellis on:
janine.ellis@solent.nhs.uk**