

Your Teen and Self Harm: **FREE Parent Workshops**

- ◆ Sat 13th May 10.30—1pm Tarner Childrens Centre, Brighton
- ◆ Thurs 18th May 6.30—9pm Cornerstone Community Centre, Hove
- ◆ Sat 10th June 10.30-1pm Emmaus, Portslade
- ◆ Thurs 15th June 6.30-9pm Tarner Childrens Centre, Brighton
- ◆ Thursday 29th June 6.30-9pm Emmaus, Portslade

Further workshops from September to follow



Questions or worries about Self Harm?

Not sure how to talk to your son / daughter about it?

Need support to manage your own feelings as a parent?

Parents / carers of teenagers: Come along to a **supportive and friendly** workshop offering **basic awareness** on self harm.

The workshops aim to:

- ◆ Increase your **understanding** of self harm
- ◆ Increase your **confidence** in talking to your child about self harm
- ◆ Offer **tips** on how to **support** young people who maybe self harming -
and **where to get help**
- ◆ Learn who can **help, advise and support** you as a parent

The workshops will be delivered by Safety Net Family Support Workers, and are open to any parent / carer of children resident in Brighton & Hove

To book a place: visit www.safety-net.org.uk/Training
For more information : please call Sarah Lovell / Julie Stokes on
01273 419725 or email sarah.lovell@safety-net.org.uk

