

# **Mind Well Parent and Carer Sessions** on

## **Young People's Emotional Wellbeing and Mental Health Issues**

An opportunity to gain information and meet other parents and supportive professionals in a safe relaxed environment.

### **Understanding how children experience separation and divorce**

This session will give parents and carers an opportunity to consider the impact of change in families and explore ways they can support the emotional wellbeing and mental health of their children following separation.

*Facilitated by One Parent Family Scotland*



**Friday 16th September 2022,  
9.30-11.30am**

Gate 55,  
55 Sighthill Road,  
EH11 4PB

**Suitable for parents and carers of children of all ages**

For more information or to book a place please contact  
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or  
email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)