## Mind Well Parent and Carer Sessions on

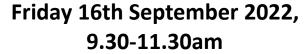
Young People's Emotional Wellbeing and Mental Health Issues

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



Gate 55, 55 Sighthill Road, FH11 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