



Healthy Minds Lincolnshire **Online Workshops 2020**

The following workshops will be delivered online via WebEx. Any of the below workshops can be booked onto via our Eventbrite page here (places are limited to 8 people per workshop): <https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

*** Please note that sessions for Nov-Dec will go live on Eventbrite in the coming weeks, so keep an eye out for new dates on our Eventbrite page.**

Improving a Young Persons Wellbeing For Parent/Carers (Primary)

Monday 5th October 2020 @ 10.00 – 11.30
Friday 30th October 2020 @ 09.30 – 11.00
Thursday 12th November 2020 @ 13.00 – 14.30
Wednesday 25th November 2020 @ 10.00 – 11.30
Friday 4th December 2020 @ 13.00 – 14.30
Thursday 17th December 2020 @ 09.30 – 11.00

Improving a Young Persons Wellbeing For Parent/Carers (Secondary)

Tuesday 20th October 2020 @ 18.30 – 20.00
Tuesday 10th November 2020 @ 11.30 – 13.00
Monday 30th November 2020 @ 14.30 – 16.00
Monday 7th December 2020 @ 11.00 – 12.30
Tuesday 15th December 2020 @ 16.00 – 17.30

Parents Supporting Children with Anxiety and Additional Needs Support Club

Wednesday 14th October & Tuesday 27th October 2020 – (Fully Booked)
Friday 6th November & Monday 16th November 2020
Wednesday 2nd December & Wednesday 16th December 2020

Building Positive Self-Esteem (for Secondary aged young people)

Thursday 8th October 2020 @ 16.00 – 17.30
Thursday 26th November 2020 @ 16.00 – 17.30
Tuesday 1st December 2020 @ 16.00 – 17.30

Staying Emotionally Well (for Secondary aged young people)

Wednesday 28th October 2020 @ 14.00 – 15.30
Friday 13th November 2020 @ 18.30 – 20.00
Wednesday 9th December 2020 @ 10.00 – 11.30