



**Do you work with children and young people either professionally or in a volunteering capacity?**

**Are you a parent or carer of a child or young person?**

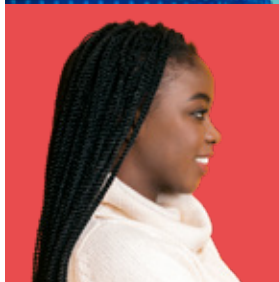


**Are you a young person?**



# South Glos **SUPPORTS** YOU

We are here to support you all to work through these challenging times which are having an impact on all of our mental wellbeing. Throughout February we are running a series of **FREE** webinars around children and young people's mental health and emotional wellbeing.



## PROFESSIONALS

There will be a range of webinars focusing on how to support children and young people and what resources are available for example websites, resilience programmes, LGBTQ+ groups and more.

## PARENTS & CARERS

Webinars will focus not just on how you can support your child or young person but also self-care for you.

## YOUNG PEOPLE

There will be a series of interactive webinars to help empower you to look after your mental health and wellbeing.