

'MENTAL HEALTH AWARENESS' TRAINING FOR PARENTS

VENUE: Youth Enquiry Service (Y.E.S)
Trinity Street, Colchester

DATE: 29th January 2018 **TIME:** 9.45am - 2.30pm

Learn the risk factors for mental health and addiction concerns.

We will be looking at the differences between positive mental health and mental health problems and how these problems exhibit themselves.

We will also be looking at the potential causes of mental health problems and will be open to discussion on this. We will then end on how to identify poor mental health before it develops into a mental health problem and what can be done to help/treatments.

This training can be done in combination with the Resilience training as a two part training or on its own and separate.

Cost:

£60 pp to be paid in advance of course date.

Payment details:

If you would like to book your place you can do so now paying by BACS.

Account number: 76165507 Sort code: 60-09-23 (Reference - your name)

Email michelle@findyourspark.co.uk to let me know payment has been made so that your place can be confirmed.

For More Information On This Training And All Our Services

Email: michelle@findyourspark.co.uk **Call:** 07834 552 514 **Visit:** www.findyourspark.co.uk