

Healthy Mind Healthy Me Workshops



Deer Park School



Wyvern
College



wildernschool



Deer Park, Wildern & Wyvern Parents/Carers of young people in Years 7 & 8. This exciting funded live event will be held at Deer Park School on Saturday 8th October 2022 from 10.30am - 1.30pm.

We are excited to announce that **Lorraine Lee (Parenting Expert)**, will be the keynote speaker on the day, delivering workshops for parents on the following themes:

- 1) Understanding Your Adolescent Child's Development
- 2) Healthy Ways to Communicate with your Adolescent Young Teen
- 3) Helping Young People Express Emotions in a Healthy Way

Student workshops are delivered by **Expert Mental Health Professionals - Stacey Miller (Training Consultant), Beth Sear (Director of Work to Wellbeing) & Sophia Armstrong (Counsellor BACP Accredited).**

Refreshments are being catered for by **The Fountain Cafe.**

There will be a recording of the parent workshops to watch if you are not able to book a space. Reserve your space now by clicking [HERE](#) as there are only 40 spaces per school (Parent + Young Person).

Please send any enquiries to send@deerparksecondary.org
We look forward to seeing you!

