

Supporting your Teenager with Lockdown Challenges & Returning to School

Online Parent Workshop

Is your teenager struggling with **motivation & sleep**?

Are they **worried** about **re-joining school** or **social situations**?

Would you like some **tips and strategies** to help you support your teenager?

If **YES**, please join us at one of the following times!

Dates & Times:

- Monday 17th August at 6:00PM
- Tuesday 18th August at 10:00AM
- Wednesday 19th August at 6:00PM
- Tuesday 25th August at 6:00PM
- Wednesday 26th August at 10:00AM
- Thursday 27th August at 6:00PM

The workshop will be approximately **45 minutes** followed by a **Q&A**.

Please email InfoMertonWP@swlstg.nhs.uk to request a space.

Please state which secondary school your child attends & your preferred time slot from the above options. Shortly before the workshop you will be emailed the link.

