

Redbridge Mental Health Support Team presents...

**SCAN
ME!**



PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

**REGISTER
NOW!**

**ACCESSING THROUGH
YOUR DEVICE? CLICK ON
TOP OF THE WEBINAR TO
REGISTER!**

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing.

FOSTERING SMOOTH TRANSITIONS FROM PRIMARY TO SECONDARY SCHOOL

A session considering how parents and carers can support children to prepare for school transition

WED 30.04.25 7-8PM

THINKING ABOUT BODY IMAGE

A session focused on understanding body image, it's relevance for children and young people and how parents can support them navigating through it.

TUE 20.05.25 7-8PM

HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

THU 19.06.25 7-8PM

HELPING YOUR CHILD BECOME A CONFIDENT LEARNER

A session focused on understanding how children's and young people's capacities and talents can be improved through a growth mindset perspective.

WED 09.07.25 7-8PM



FOR MORE INFORMATION & TO SIGN UP

CLICK HERE,

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'

OR GO TO LINKTR.EE/REDBRIDGEMHST

