

Mental Wellbeing Coffee Morning



Homestart Barnet are an organisation who want to improve the mental health and wellbeing of families with young children and adolescents.

We were lucky enough to be joined again by Homestart Barnet who joined us on our wellbeing coffee mornings. Mina and Tasnim delivered 3 workshops to our parents and carers about building positive connections with your children. They were able to give our parents an insight into understanding child and adolescent mental health, exploring coping strategies and sharing self-help resources.



Lets **TALK** about it

Build Positive Connections

A series of **FREE** group workshops helping you to connect with your children & young people



Improve Well-being



Build positive communication skills



Overcoming Conflict

Supporting you, to Support them

Register your space,
Barnet residents only
Contact: 020 8371 0674
admin@homestartbarnet.org



Please click on the link below to find out more about Homestart.

<https://homestartbarnet.org/>

