together we Cumbria

RECOVERY COLLEGE

CUMBRIA COMMUNITY FOUNDATION

Supporting your Child's Mental health

A 2 part workshop for parents

Join us for a supportive and informative workshop, exploring ways to understand and support your child's mental health and wellbeing.

Session 1 & 2

Tuesday 2nd & 9th December

4pm - 5pm

Park End Shelter,
Vulcans Park,
Workington, CA14 2QA

Session 1 & 2

Wednesday 3rd and 10th December

4pm - 5pm

Time to Change
Community Centre,
Kells, CA28 9AN

Register via our website

www.togetherwe.uk/recovery-college

on the WCMHP Enrolment Form

West Cumbria Mental Health Partnership
RECOVERY COLLEGE

together we Cumbria

CUMBRIA COMMUNITY FOUNDATION

Understanding and Managing Worries

An interactive, creative session for families to explore worries and learn helpful ways to manage them.



- Talk about worries in a safe and supportive space.
- Discover helpful strategies to manage worries.
- Get creative and make your own Worry Monster to take home!
- Enjoy quality time together.

2nd & 9th December

5pm – 6pm

Park End Shelter,
Vulcans Park,
Workington, CA14 2QA

3rd & 10th December

5pm – 6pm

Time to Change
Community Centre,
Kells, CA28 9AN

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Let's talk, get creative and tackle worries together!