

Youth Connect 5

Supporting the emotional wellbeing of young people

Youth Connect 5 is a fun and interactive FREE 5-week programme for parents and carers of children 8 Years + . The programme aims to give parents and carers the knowledge, skills and understanding to help their children develop good emotional wellbeing and resilience



As parents we can't always control life's situations.

Being able to deal with challenges and helping your child manage life when it gets tough and will make them more confident and improve their chances of being able to bounce back when things get tough.

During the programme we look at:



Understanding children and young people's mental health



Understanding wellbeing



Understanding why we feel the way we do (emotions)



Learn techniques to strengthen your child's ability to deal with stress and adversity in life and bounce back when life gets tough.

Why not come along and learn more!

Starting: Monday 10th November 12.30pm - 2.30pm

Online via Zoom

For more information and to book a place please contact:



AnnMaria 07825117500



parenting@knowsley.gov.uk



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