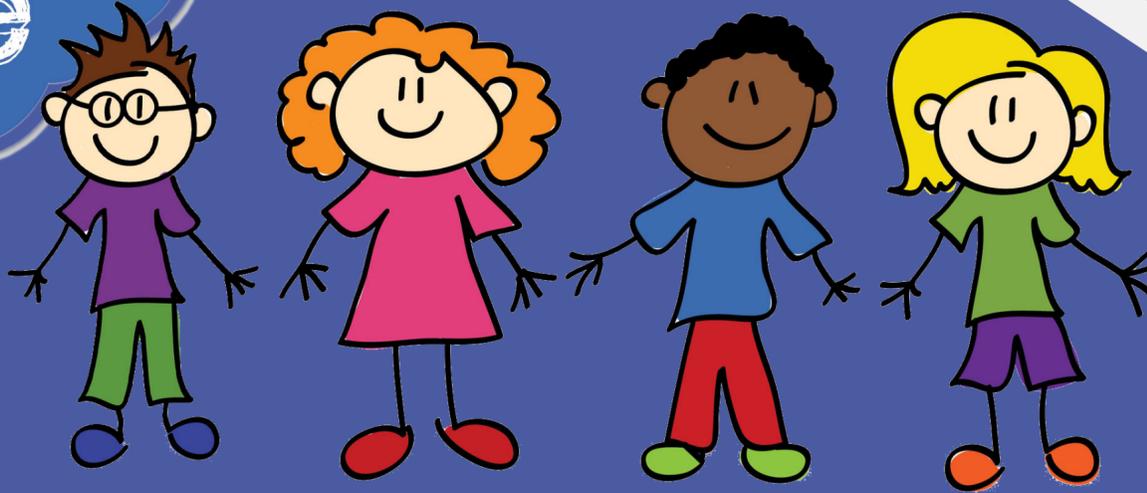


action
mental
health

healthy
me

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HEALTHY ME ZOOM SESSION FOR PARENTS & CARERS

In recognition of Mental Health Awareness week, 18th – 24th May 2020, the AMH MensSana team have developed a bitesize session based on our 'Healthy Me' programme for parents and carers around this year's theme of 'Kindness'.

This session aims to:

- Identify the issues you are facing during lockdown
- Raise awareness about mental health
- Highlight self-care techniques for building resilience and confidence
- Show how and where to access support

3 sessions will be delivered online each day via Zoom and will last 30 minutes, so you can choose a day and time that suits you best.

Monday 18th – Friday 22nd May 2020
10:30am, 3:30pm & 8:00pm

If you are interested in attending, please register [HERE](#) via Eventbrite where further details are available

