

FREE WEBINARS FOR
PARENTS & CARERS

BOOSTING SELF-ESTEEM & RESILIENCE

HELPING YOUR CHILD TO
THRIVE



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ The everyday moments that build confidence and emotional strength
- ✓ Simple ways to encourage your child's strengths, talents and interests
- ✓ Helping children overcome negative self-talk and build a positive mindset
- ✓ Friendships and feelings: supporting your child to navigate relationships with confidence and resilience



 WHEN?

13:00-14:30 30th July 2026

9:30-11:00 5th August 2026

18:00-19:30 13th August 2026

REGISTER AT:

canva.link/mhstsummer2026

Type this into your
browser or

SCAN ME!

