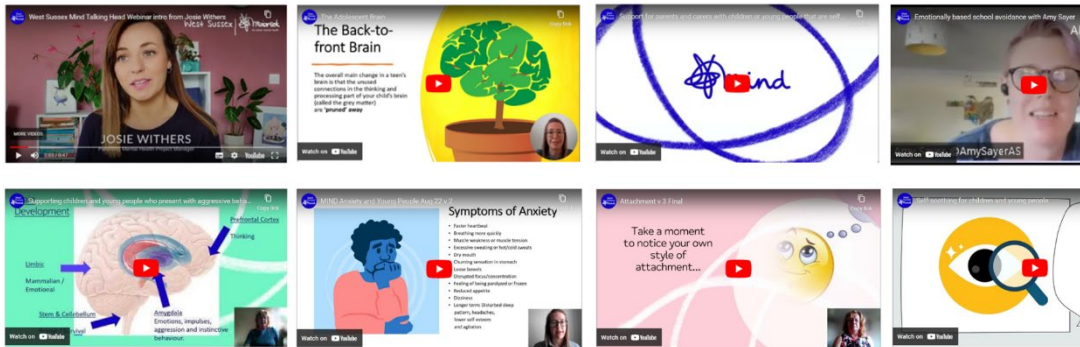


West Sussex  mind

Did you know . . .

Our parenting support team offers a range of free training webinars to help parents and carers support their young person's mental health



Topics include:

- The adolescent brain.
- Support for parents and carers with children or young people that are self harming.
- Emotionally based school avoidance.
- Supporting parents or carers with children and young people presenting with aggressive behaviour.
- Understanding anxiety in young people.
- Attachment: developing secure relationships between a child or young person and their primary care-giver.
- Self soothing for children and young people.

[CLICK HERE TO WATCH OUR WEBINARS](#)

We are here to help . . .

**The Training Team at
West Sussex Mind are
here to help with all your
training needs, whether
you are a parent/carer or an
organisation.**

**From free online sessions to
bespoke training solutions on
a variety of topics.**



**If you would like more information on any of our
training, or you would like to talk about a bespoke
solution, then contact us:**

training@westsussexmind.org

**To keep up to date with all our training
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