



**The
Decider**
Winning strategies for mental health



DECIDER LIFE SKILLS FOR PARENTS

ABOUT THIS EVENT....

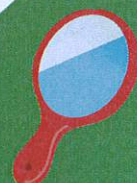
JOIN US FOR AN EXCITING ONLINE EVENT DESIGNED EXCLUSIVELY FOR PARENTS! THE DECIDER LIFE SKILLS FOR PARENTS WORKSHOP AIMS TO EQUIP YOU WITH ESSENTIAL SKILLS TO SUPPORT CHILDREN AND YOUNG PEOPLE RECOGNISE THEIR OWN THOUGHTS, FEELINGS AND BEHAVIOURS, ENABLING THEM TO MONITOR AND MANAGE THEIR OWN EMOTIONS AND MENTAL HEALTH.

THIS EVENT WILL BE A PACKED INTERACTIVE SESSION LED BY EXPERIENCED PRIMARY MENTAL HEALTH PRACTITIONERS WITH AN OPPORTUNITY TO CONNECT WITH OTHER PARENTS, SHARE EXPERIENCES, AND ASK QUESTIONS. YOU WILL LEARN ABOUT 'THE FIZZ', HOW THE BODY RESPONDS TO WORRY AND STRESS, AND HOW TO INCORPORATE AND IMPLEMENT EACH OF THE 12 DECIDER LIFE SKILLS INTO EVERYDAY LIFE. RESERVE YOUR SPOT NOW FOR THE DECIDER LIFE SKILLS EVENT AND EMBARK ON A TRANSFORMATIVE JOURNEY TOWARDS INCREASED MINDFULNESS, LESS STRESS AND MORE EFFECTIVE COMMUNICATION FOR YOU AND YOUR FAMILY.



● ALL SESSIONS TAKE PLACE ON
MS TEAMS ON THE FOLLOWING
TUESDAYS FROM 4-5PM ●

- 15 APR 2025
- 27 MAY 2025
- 8 JUL 2025
- 19 AUG 2025
- 30 SEPT 2025
- 11 NOV 2025



PLEASE SCAN FOR
MORE INFORMATION



BARNARDOS

TO BOOK A PLACE PLEASE SEND YOUR
PREFERRED DATE, NAME AND EMAIL
ADDRESS TO THE INBOX BELOW

pmhw.mytime@barnardos.org.uk