

# Mental Health Peer Support Group

## Is your child facing a difficult time at the moment?

Falling out with friends, feeling self-critical or worrying are just some of the things that young people face; as parents we can sometimes struggle to know how to best support our children.

## Join us for a parents' session on how support your child through difficult times.

Our session will take place on Wednesday 9th February at 4pm with the Healthy Minds Team's qualified systemic family practitioner.

*The session will cover things like:*

- Learning strategies to build family resilience
- Supporting each other through life's challenges
  - An opportunity to share your stories
- Sharing your own coping mechanisms (should you wish to do so)

The session will be an informal, safe environment to learn and share with other parents across South Tyneside. It's aimed at parents of young people aged 11-18 but all are welcome to come along.

The session will be held virtually over Teams, the link to access is:

[Click here to join the meeting](#)

Should you have any difficulties accessing the link, please contact:

[michelle.olsen@southtyneside.gov.uk](mailto:michelle.olsen@southtyneside.gov.uk).

## Look forward to seeing you there!