



Ways to Wellbeing

Children North East recognise that everyone may struggle with their mental wellbeing at some point in their lives. Young people naturally go through a huge brain development in their adolescence and this can make distinguishing normal changes from a developing mental health diagnosis difficult.

The Ways to Wellbeing programme has been developed to support parents to better understand children and young people's emotional development and how best to respond to concerns about their mental health and wellbeing. The program will be delivered in two hour sessions at various accessible locations across the city. We will offer tools and information for parents to understand and support their children's emotional health.

In these sessions, we will offer resources and guidance to support specific emotional wellbeing concerns. We will also go through a wide range of information for those wishing to understand more about emotional wellbeing and how that relates to their children.

Want to learn more? Contact our team:

 0191 272 7824

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 children-ne.org.uk



Because growing
up can be hard