

# Mental Health Peer Support Group

As our children grow up they can experience feelings of anger and may struggle to control these feelings. If this sounds like something that may be affecting your child, then please join us on

Thursday 3rd November 2022 | 16:00-17:30

when the Healthy Minds Team will be delivering a session for parents and carers in how to understand causes and how to support your child to learn to control these feelings.

**The session will be an informal, safe environment to learn and share with other parents across South Tyneside.**

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!**