

# Parent and Carer Information and Support Sessions on Young People's Emotional Wellbeing and Mental Health Issues

Support and Information Sessions are for Parents and Carers who are concerned about their pre-teen or teenager's emotional wellbeing and mental health they provide an opportunity to meet other parents and supportive professionals in a safe relaxed environment.

*Drop In - This session will give parents the opportunity to have a cuppa and a chat with other parents who may be experiencing similar issues. Supportive professionals will be available to offer information and support.*



**Thursday 12th December 6-8pm,  
Gate 55 Community Centre, 55  
Sighthill Road, EH11 4PB**

**If you can't make this session but would like to be kept informed of future sessions, contact us to be added to the circulation list.**

**Suitable for parents and carers of 11-18 year olds**

**For more information or to book a place on any of the sessions please contact Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)**