

# FREE Workshop for Parents/Carers

## Positively Supporting a Child with Additional Needs Who Self- Harms



### OVERVIEW:

Funded by the Hitchin Mental Health Recovery Team, this workshop is for parents/carers who are supporting children and young people who self-harm.

This workshop aims to:

- Develop an insight relating to triggers, thoughts and emotions behind self-harming behaviour
- Explore and develop a positive approach to keeping young people safe and on the path to positive emotional health
- Identify and discuss strategies that can positively support a child who self harms

**Date:** 20<sup>th</sup> June 2022

**Time:** 1.30 – 3.00pm

**Venue:** Online via Teams. *A link will be sent out via email on the morning of the training.*

**Cost:** FREE. Funded by Hitchin Mental Health Recovery Team

**Booking essential!**

**TO BOOK A PLACE PLEASE  
CLICK [HERE](#)**

Or visit: [nessieined.com](https://nessieined.com)

*Helping children and young people thrive*

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