



Halton Mental Health Support Team Summer of self care

Free summer workshops for parents, carers and young people to help Halton families support their young people's wellbeing.

Wellbeing warriors

- Understanding young people's wellbeing and how to talk about it
- Relaxation tips and advice
- Looking after you, so you can support them!

Coping with big emotions

- How big emotions affect our bodies and behaviours
- How Zones of Regulation strategies can help when coping with big emotions.

Transition to high school

- Preparing everyone for the move!
- Tips and tools to navigate week one in your new school and beyond.

To register your interest, scan this QR code.



Please note there is a maximum capacity of 15.

Parent and carers are able to attend alone, however, please make sure any young people are accompanied by an adult.



Date and time	Workshop	Location
Thursday 24 July 10.30am to 11.30am	Wellbeing warriors	Warrington Road Family Hub, Naylor Road, Widnes WA8 0BS
Monday 28 July 1pm to 2pm	Wellbeing warriors	Halton Lodge Family Hub, Grangeway, Halton Lodge, Runcorn WA7 5LU
Thursday 7 August 10.30am to 11.30am	Coping with big emotions	Warrington Road Family Hub, Naylor Road, Widnes WA8 0BS
Monday 11 August 1pm to 2pm	Coping with big emotions	Halton Lodge Family Hub, Grangeway, Halton Lodge, Runcorn WA7 5LU
Thursday 21 August 10.30am to 11.30am	Transitioning to high school	Warrington Road Family Hub, Naylor Road, Widnes WA8 0BS
Wednesday 27 August 1pm to 2pm	Transitioning to high school	Halton Lodge Family Hub, Grangeway, Halton Lodge, Runcorn WA7 5LU

All workshops will involve both a parent led and child led session. Both of these will take place at the same time, ending with a fun craft based wellbeing activity that can be taken home.