



CHUMS

Mental Health and
Emotional Wellbeing Service



Resiliency Workshop for Parents of Children 4-12 years old

The CHUMS Family Wellbeing Team is offering a one-off virtual workshop which will provide information about mental health and managing worries.

For children aged 4-12 years we will offer a **Parent Workshop**.
(A separate resiliency workshop is available for Teenagers 13 years+)

If you are interested in attending this workshop, please contact us on the email address below and provide parent/carer name and the child's name.

fwteam@chums.uk.com

Please also state that you are interested in the “Parent Resiliency Workshop”.

Once we have received your email you will be sent a registration form to complete alongside dates the workshop will be delivered on.

PLEASE NOTE: YOU MUST BE REGISTERED TO A GP SURGERY IN CENTRAL BEDS, BEDFORD BOROUGH, LUTON, CAMBRIDGESHIRE OR PETERBOROUGH TO ATTEND THIS WORKSHOP

Spaces are limited so please contact us as soon as possible to avoid disappointment.