# SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH

**This free course is designed for parents, carers and family members of children and young people aged 8 to 25.**

Gain practical skills, advice and strategies to help young people cope with challenges, improve wellbeing and thrive. Course delivered by Youth Fed

✅ **FREE TO ATTEND – we have 12 spaces available for each course**

✅ **FREE REFRESHMENTS & SNACKS PROVIDED**

✅ **CHESHIRE EAST RESIDENTS AGED 18+**

---

## WHAT YOU WILL LEARN

- Understanding youth mental health and wellbeing
- Anxiety and stress
- Self-esteem and confidence
- Recognising low mood and depression
- Breaking myths and stigma
- Practical coping strategies
- Mindfulness, grounding and breathing techniques
- The NHS 5 Ways to Wellbeing
- Knowing when and where to access support

---

## BOOKING LINK & COURSE DATES & VENUES

📍 **Broken Cross Family Hub** Parkett Heyes Road, Macclesfield, SK11 8UD

🗓 **Monday 12 October** 🕙 **10:00am - 2:00pm – booking LINK**

---

📍 **Ash Grove Family Hub** Ash Grove, Macclesfield, SK11 7TD

🗓 **Thursday 15 October** 🕕 **6:00pm - 9:00pm – booking LINK**