

# Low Mood/Depression

## Understanding and Supporting your child.

### 2024 Online Workshops

The workshop aims to upskill parents and carers to understand low mood and depression, the signs and symptoms of this in young people, and provide some simple skills and strategies for you to take away and use to support your young person who may be struggling with their mood.

Date	Time	Location
Tuesday April 2 <sup>nd</sup> 2024	9am-10:30am	Zoom
Monday May 13 <sup>th</sup> 2024	11am-12:30pm	Zoom
Tuesday August 13 <sup>th</sup> 2024	5:30pm-7pm	Zoom

The workshop will be mostly informative, with some optional opportunities for discussion, input and questions via the digital chat function. You will not need to have your video-camera or microphone on for the workshop.

