

# CHILD AND ADOLESCENT EMOTIONAL WELLBEING PROGRAMME

A programme for parents and carers to get advice and strategies to support children and young people with their emotional wellbeing.

## TEENAGE MENTAL HEALTH

In this session we will focus on teenage mental health to enable you to find ways to support the children and young people in your life.

**WHEN:** Monday 17<sup>th</sup> October, 6pm to 8pm (arrival from 5:45pm)

**WHERE:** Chiltern Academy, Gypsy Lane, Luton, LU1 3GF

**HOW TO BOOK:** For full details and to book a free place [CLICK HERE](#), scan the QR code or follow us on twitter @camhswellbeing1

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