

Being a parent can be challenging especially when our children are struggling with their emotional well-being. We often think we're getting it wrong, feel alone and have no where to turn.



**Join HOPE zoom parent support sessions;  
a safe place to find information, chat and learn from  
each other through shared experience.**

**Tuesday 21st September, 7pm**

**Become App Aware !**

Do we know and understand what our children and young people are accessing? Where do we find information and guidance? How do we start the conversation so they enjoy the internet safely and with confidence?

**October theme:**

**SELF HARM OR  
SAFE HARM ?**

Relevant for families  
with children and  
young people

**19/10 7pm**

**21/10 10am**

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

keddieHOPE2021@outlook.com

**Register HERE**



**HOPE**  
Helping  
our Pupils'  
Emotions

<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>