

# HOPE Virtual Parent Support

## Promoting Healthy Self Image in our Children and Teens



**Tues 18th June 7pm & Thurs 20th June 10am**

Exploring negative body image and the impact on mental well-being

How to tackle self doubt in your child/YP and boost self esteem

Reassuring  
Insightful  
Caring

Hopeful  
Encouraging  
Validating

Resources to use with your child/YP

Time for chat and questions

*Feel free to listen off camera and mic  
or use the chat facility to participate*

## HOPE Parent Support Sessions;

**a safe place to find information, chat and learn from  
each other through shared experience.**

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

parentsupport@hopeprojectschools.co.uk

**Register HERE**



<https://us02web.zoom.us/join/register/tZwsde6ggT0jG9Z1P-U0lckA4Y7KBzYDihxU>