

CYP WORKSHOPS

**Our free training is
available to all
young people,
parents/carers
and professionals
in Hertfordshire**

**Contact us to
discuss
your training
needs, or head to
our website by
scanning the QR
code below:**



FREE TRAINING

- Feelings and Emotions (for KS1/Under 8's)
- 5 Ways to Wellbeing (For KS2)
- Introduction to Mental Health
- Emotional Wellbeing and Coping Strategies
- Body Image and Self-Esteem
- Managing Exam Stress
- Spot the Signs – Youth Suicide Prevention
- Transitions (Years 7,11,12&13)

