Healthy Minds Lincolnshire
Online Workshops 2020

The following workshops will be delivered online via WebEx. Any of the below workshops can be booked onto via our Eventbrite page here (places are limited to 8 people per workshop): https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846

* Please note that sessions for Nov-Dec will go live on Eventbrite in the coming weeks, so keep an eye out for new dates on our Eventbrite page.

Improving a Young Persons Wellbeing For Parent/Carers (Primary)
Monday 5th October 2020 @ 10.00 – 11.30
Friday 30th October 2020 @ 09.30 – 11.00
Thursday 12th November 2020 @ 13.00 – 14.30
Wednesday 25th November 2020 @ 10.00 – 11.30
Friday 4th December 2020 @ 13.00 – 14.30
Thursday 17th December 2020 @ 09.30 – 11.00

Improving a Young Persons Wellbeing For Parent/Carers (Secondary)
Tuesday 20th October 2020 @ 18.30 – 20.00
Tuesday 10th November 2020 @ 11.30 – 13.00
Monday 30th November 2020 @ 14.30 – 16.00
Monday 7th December 2020 @ 11.00 – 12.30
Tuesday 15th December 2020 @ 16.00 – 17.30

Parents Supporting Children with Anxiety and Additional Needs Support Club
Wednesday 14th October & Tuesday 27th October 2020 – (Fully Booked)
Friday 6th November & Monday 16th November 2020
Wednesday 2nd December & Wednesday 16th December 2020

Building Positive Self-Esteem (for Secondary aged young people)
Thursday 8th October 2020 @ 16.00 – 17.30
Thursday 26th November 2020 @ 16.00 – 17.30
Tuesday 1st December 2020 @ 16.00 – 17.30

Staying Emotionally Well (for Secondary aged young people)
Wednesday 28th October 2020 @ 14.00 – 15.30
Friday 13th November 2020 @ 18.30 – 20.00
Wednesday 9th December 2020 @ 10.00 – 11.30