

FAMILIES AND COMMUNITIES TEAM

PARENT/CARER WORKSHOP



Self-harm Awareness (90 minutes)

Wednesday 31st January 2024, 10.30 am – 12.00 pm.

Visyon's Families and Communities Team is pleased to offer a **90-minute Parent/Carer workshop**. This workshop will provide you with relevant information to help your understanding of self-harm and will explore ways in which you can support a young person who is self-harming. It aims to break down some of the stigma associated with self-harm. This workshop also explains where to get further support for a young person if needed.



The Programme is available to parents/carers in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place on the workshop, please contact

FamiliesandCommunitiesTeam@Visyon.org.uk

who will contact you with further details.

Places are limited and will be allocated on a first-come basis.