

DRUGS

RELATIONSHIPS

Concerned about your teenager?

ALCOHOL

MENTAL HEALTH

Are you a parent or carer?
Do you want to know what's
going on with young people
today? Do you feel isolated and
need some support?

Join our **FREE** workshops and support groups.

The pandemic has been particularly hard for our youth, and we know that parents and carers are trying their best to support their young people through these challenging times, but it can be difficult to know where to start.

The Nest and HYP Southwark are working together to support parent and carers by offering free monthly online workshops held over Zoom on topics such as drugs, healthy relationships, mental health and more.

Alongside the workshops we will be offering separate monthly support groups just for parents and carers. This will be a safe space supported by professionals and lead by parents. This will be an opportunity to ask questions, share experiences and learn from others.

This is open to all parents and carers living in Southwark. For full details of all the workshops and support groups please have a look on the HYP Southwark Eventbrite page
hypsouthwark.eventbrite.co.uk

Understanding Self-harm

Tuesday 14th September 6-7pm

This workshop will be look at understanding self-harm. We aim to give you better understanding of:

- The functions of self-injury
- Causes and triggers
- Cycles of harm
- Helpful and unhelpful responses to people who self-injure
- Alternative coping strategies

Parental Support Group

28th September 6-7pm

This will be a safe space to supported by professionals and lead by parents.

Drug Awareness

Tuesday 12th Oct 6-7pm

This workshop is to support parents and carers in developing their own drug and alcohol awareness. We aim to give you better understanding of:

- Risk and dangers of drugs and alcohol
- Identifying signs and symptoms of use.
- Harm reduction advice and support
- Talking to young people about drug and alcohol

Parental Support Group

Tuesday 26th Oct 6-7pm

This will be a safe space to supported by professionals and lead by parents.

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