



**Mental Health  
and Wellbeing  
opportunities  
for parents  
living in the  
Southern Trust  
area**

**Register now by  
calling  
the Support Line  
on 0808 8010 722**

**Come and join us for FREE  
online sessions!**

**Tuesday 21st February 2023  
6.30pm - 7.30pm  
Children's Emotional Health**

**Tuesday 21st February 2023  
8pm-9pm  
Parent's Emotional Health**



SUPPORT LINE: 0808 8010 722

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