

ONLINE ITHRIVE PARENT DROP IN

When parents address their mental health needs, they model self-care and resilience, demonstrating to their children the importance of seeking help when needed. Come learn more about the mental health support available for adults in Bolton.

Join us for our upcoming online parent drop-in session, designed to offer information, guidance, and resources to assist parents in supporting their child's emotional health and well-being.

- ✓ Learn more about Bolton's Adult Talking Therapies and how they can help support your own mental health journey.
- ✓ Gain some strategies to help manage your own stress and anxiety whilst parenting.

Access the Teams the link to attend

For more information or to request the Teams link to attend, contact us below

✉ ithrive@boltontogogether.org.uk

🖱 www.bolton-together.org.uk



TUESDAY

24 SEPT

5.30PM-6.30PM



In partnership with Bolton Adult Talking Therapies.

