

Online course for residents of Northern Ireland 'Understanding your child's mental health and wellbeing'

2 Parts

Available 24/7

Take any time. Any place.

This course accompanies our main courses 'Understanding your child' or 'Understanding your child with additional needs'.

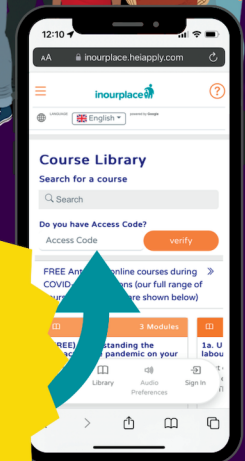
- Complete **Part One** for an introduction to mental health and wellbeing.
- Complete either **main course**.
- Complete **Part Two** for a further understanding of anxiety, depression and more.

Some of what this course covers:

- Responding to trauma
- Processing emotions
- Feeling understood
- Other ways we react



FREE
using the
Access Code*
NIFAMILIES



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required

www.inourplace.co.uk

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