



# changetalks

**Change Talks is a multi-award winning, health education service delivered by the Prevention and Engagement Team at Lancashire and South Cumbria Foundation Trust.**

The team are running a series of workshops via Zoom for parents and carers, to support learning on different mental health topics, including a session on learning disabilities and autism.

For more information or to join a session  
[visitscft.nhs.uk/changetalks/workshops](https://visitscft.nhs.uk/changetalks/workshops)  
or scan the QR code



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