

Self Harm parenting Workshop



We understand how challenging it can feel for a parent or carer of a child or young person who is self harming.

Managing those emotions, understanding why, communicating your concerns and keeping your child or young person safe; can feel overwhelming.

Lancashire Mind are now offering a workshop for parents/carers of children and young people who self injure.

To support and upskill them to learn more about self harm to enable them to better support their child or young person.

**For more information or to book a workshop,
please contact training@lancashiremind.org.uk**