

# Parent/Carer Support Group

## Supporting Emotional and Mental Health



Tuesday  
18th June



10:30am or  
7:30pm



Held on Zoom

Please email the  
address below

### THIS MONTHS TOPIC: **SUPPORTING YOUR CHILD: SOCIAL MEDIA AND ONLINE SAFETY**



In this months Parent Support Group, we will be discussing what social media is, how this may be used by children and young people and the potential impact that social media may have on emotional wellbeing. We will also think about strategies for keeping safe online.

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