

#TIPTHEBALANCE TO POSITIVE: LOOKING AFTER PARENT AND CARER MENTAL HEALTH

Thursday 27th January
7pm via Zoom

stem4's webinar will provide parents with an overview of the current state of parent mental health, how improved parent mental health benefits the whole family, and provide practical ways in which parents and carers can regain equilibrium in their lives and #tipthebalance towards positive mental health.



PARENT MENTAL
HEALTH DAY
27th January

To register for the webinar please click on the link below:

<https://bit.ly/stem4webinarsPMHD>

<https://stem4.org.uk/parentmentalhealthday/>