



Information for  
parents and carers

**NHS**

Berkshire Healthcare  
NHS Foundation Trust

# Resilience workshop for parents

With the Mental Health Support Team (MHST)

**This parent workshop is designed to help you:**

- Understand what resilience is and why it is important for children and young people
- Learn about the key factors that help children develop resilience
- Explore practical ways parents and carers can support and strengthen resilience at home
- Understand when and how to seek further support if your child is struggling



**Microsoft Teams**

**Wednesday 11<sup>th</sup> February 09:30am – 10:30am**

**Sign up here:**

<https://events.teams.microsoft.com/event/67bdfc56-66dd-4724-8eaf-8dcf789d313f@b5a4676b-e1c4-4c08-80a9-cf34a2d67324>



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