



**GIG**  
CYMRU  
**NHS**  
WALES

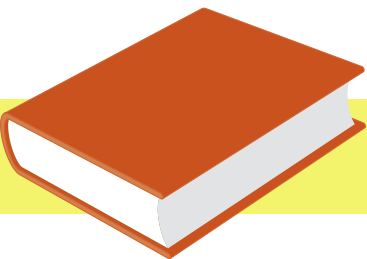
Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board



## PARENTS & CARERS ONLINE WORKSHOPS

# JOIN US FOR A FREE WEBINAR FOR PARENTS & CARERS ON SUPPORTING YOUR CHILD AROUND SELF-ESTEEM & SELF HARM

**CAMHS SHINE TEAM**  
WILL BE RUNNNG A RANGE  
OF WORKSHOPS ON MS  
TEAMS FOR PARENTS &  
CARERS DURING  
MAY HALF TERM.



**As parents, we all want the best for our children.**

**1 hour workshops sharing tips  
and ideas on strategies to help  
with:**

**Self-esteem  
&  
Self harm**

**Where:  
Live online**

**When:**

- Self-esteem 28/05/24 - 10:00
- Self harm 28/05/24 - 14:00

**Booking Information:**  
Please scan the QR Codes below:

**10:00  
Self-esteem  
session code**



**14:00  
Self harm  
session code**

