



# PARENTING MENTAL HEALTH



## Suzanne Alderson

[Parenting Mental Health](#) is a community and UK registered charity that supports parents supporting young people with mental health issues. Parents are invited to join this webinar in which Suzanne will share her approach of 'Partnering not Parenting' when a child becomes anxious or depressed, how to cope with our own emotions, and how parents can play a vital support role. Following the presentation Suzanne will be on hand to answer questions or offer support.

**TUESDAY 29 JUNE, 7PM**

**Parents, register in advance for this Zoom webinar:**

<https://us02web.zoom.us/meeting/register/tZEuce6hqT4oEtZIPXLDbR4EQAFew5S3bHu>

After registering, you will receive a confirmation email containing information about joining the meeting.

Email questions to: [info@parentingmentalhealth.com](mailto:info@parentingmentalhealth.com)



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