

Mid Kent MIND Training courses for Parents and Carers.

As part of our ongoing focus on raising awareness in relation to issues around mental health we continue to work very closely with Mid Kent Mind. I wish to share with you the details of 3 forthcoming online courses for parents/carers which they are offering. All courses are free of charge.

Parental Resilience is a 3 week course designed to share with parents and carers techniques for supporting young people. Over the sessions, you'll have the chance to learn how to use these skills for yourselves so you can be more confident in supporting your own child's mental health.

Details of this course which runs on Thursday 6th, 13th and 20th November from 9.30 to 11.30am or Friday 28th, November, 5th and 12th December or lastly Wednesday 7th, 14th and 21st January can be found via the link below:

[Parental Resilience – Mid Kent Mind](#)

Recent feedback includes:

“Huge thanks, wonderful and friendly facilitators, comforting to know that I am not alone, so many tools to use in different situations, really helped and I am so grateful, would CERTAINLY recommend to others.”

“I cannot thank you enough. After the first session I felt reassured and supported. The skills I learned will continue to help me through life. There were many lightbulb moments. I felt so cared for.”

“The course has made a lot of difference in my daily life, situation, and for my kids life. Thank you. The trainer is experienced and engaging the team is brilliant. Thoroughly enjoyed it.”