

# Parent & Carer Workshops

With  
**Children and Young People's Mental Health Practitioners**  
**Heather Bainton & Shae Vhareta**

at

Fatima Health Centre, 228 Garstand Road, Fulwood, Preston PR2 9QB  
2<sup>nd</sup> Floor – Conference Room

Session 1: Communication Skills – Wednesday 22<sup>nd</sup>  
October 2025 4:30pm–6pm

Session 2: Coping Strategies for Anxiety & Worries  
Wednesday 19<sup>th</sup> November 2025 4:30pm–6pm

Session 3: Coping Strategies for Emotional  
Regulation – Wednesday 3<sup>rd</sup> December 4:30–6pm

**Limited Spaces!**  
**Book Your Place:**



**Open to all parents & carer's of children  
registered at the following GP Practice's**

- **ISSA Medical Centre**
- **Lytham Road Surgery**
- **Ribbleton Medical Centre**
- **Berry Lane Medical Centre**
- **Stonebridge Surgery**
- **Avenham Medical Centre**
- **The Healthcare Centre**
- **Ribble Village Heath Centre**

**Suitable for parents  
of children aged:  
8-14years**

