



**FLASH**

Families Learning  
about *Self Harm*

Do you have a young person aged 11- 17 who is **self-harming**?

Do you want more information on **self-harm** and how to manage the concerns within your home?

Do you feel alone and would like the opportunity to discuss the problem with people who will understand?

Then this **FLASH** course may be what you're looking for:

**FLASH** is a group course, free for parents/carers whose young person is exhibiting self-harming behaviour and how this may impact on the whole family.

This term FLASH will run over four consecutive FRIDAY's: as this is helpful to parents who cannot leave their young person alone on a Saturday.

**Please note all four workshops must be attended**

**Friday 19<sup>th</sup> January 2018** : Exploring What is Self-harm, Reasons, Risks

**Friday 26<sup>th</sup> January 2018** : Understanding How to Listen and Raise Self-Esteem

**Friday 2<sup>nd</sup> February 2018** : Managing the Behaviour Within the Family Environment

**Friday 9<sup>th</sup> February 2018** : Coping Strategies for Parents

**Time: 10am – 3pm**

**Venue: The Ministry of Parenting (CIC), 6<sup>th</sup> Floor, Wellington House,  
90-92 Butt Road Colchester, Essex CO3 3DA**

All enquiries/referrals to: The Ministry of Parenting, 6<sup>th</sup> Floor,  
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