



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.

FLASH will run over four alternate Saturday's, with TEEN FLASH running alongside it.
Please note all four workshops must be attended

Saturday 26th January 2019 : Exploring What is Self-harm, Reasons, Risks

Saturday 09th February 2019 : Understanding How to Listen and Raise Self-Esteem

Saturday 23rd February 2019 : Managing the Behaviour Within the Family Environment

Saturday 09th March 2019 : Coping Strategies for Parents

Where & when? Wellington House, Butt Road Colchester CO3 3DA @10am – 3pm

All enquiries/referrals to: The Ministry of Parenting, 6th Floor,
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e: info@theministryofparenting.com t: 01206 562626



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