

Supporting Children & Young People with Mental Wellbeing

This free 5 week introductory course explores Mental Health and ways to help you support your child at home with their mental well-being.

There will be an opportunity to understand which services are available to support you at home and school.

Following this course there will be an opportunity for you to take a Level 2 qualification.

Who: Parents and carers

Dates: 14 January 2026 - 11 February 2026

When: Wednesday Mornings, 9:00 - 10:45

Where: Fulford Explore Library, YO10 4LX



Scan me!



Use the QR Code to enrol on the course or for more information call **01904 554277**
email york.learning@york.gov.uk



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