



FREE PARENT/CARER WORKSHOPS & WEBINARS

Join Wigan MHST for advice on how to support your young person with their wellbeing!

Workshops (booking required): October 2026

- Understanding the young brain

February 2027

- Helping your child to believe in themselves

May/June 2027

- Big moves, big feelings



Online Webinars: December 2026

- Stress and perfectionism

March/April 2027

- Anxiety



WORKSHOPS AVAILABLE AT FAMILY HUBS:

- Leigh
- Clifton Street
- Atherton Formby Ave
- The Meadows
- Hindley Mornington Rd



**SCAN TO VIEW WORKSHOP
DATES/TIMES/LOCATIONS AND
BOOK YOUR PLACE!**





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Further info on how to access
webinars coming soon!