The Decider
Winning strategies for mental health

DECIDER LIFE SKILLS
FOR PARENTS

About this workshop….

Join us for an exciting online workshop designed exclusively for parents! The Decider Life Skills Awareness workshop aims to equip you with essential skills to support Children and Young people to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.

The workshop is a packed interactive session led by experienced Primary Mental Health Workers with an opportunity to connect with other parents, share experiences, and ask questions. You will learn about 'The Fizz', how the body responds to worry and stress, and how to incorporate and implement each of the 12 Decider Life Skills into everyday life. Reserve your spot now for the Decider Life Skills Workshop and embark on a transformative journey towards increased mindfulness, less stress and more effective communication for you and your family.

SESSIONS TAKE PLACE ON MICROSOFT TEAMS 4-5PM ON THE FOLLOWING DATES:

2026:
20TH OCTOBER, 1ST DECEMBER

2027:
19TH JANUARY, 6TH APRIL, 13TH JULY. 26TH OCTOBER

PLEASE SCAN FOR MORE INFORMATION

TO BOOK A PLACE PLEASE SEND YOUR PREFERRED DATE, NAME AND EMAIL ADDRESS TO THE INBOX BELOW

pmhw.mytime@barnardos.org.uk

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