

LET'S CONNECT SOUTH LANARKSHIRE

The Let's Connect project aims to increase the mental health knowledge and skills of young people, parents/carers and staff in South Lanarkshire through workshops and information sessions.

This includes free 90 minute workshops both face to face and online:

- **Tuesday 4th July 10am: Understanding and Managing Stress and Anxiety**
- **Thursday 6th July 7pm: Understanding and Managing Stress and Anxiety**
- **Monday 10th July 10am: Managing my wellbeing**
- **Wednesday 12th July 10am: Listening to and Supporting my child**
- **Thursday 20th July 10am: Mental Health Awareness**
- **Thursday 3rd August 2pm: Listening to and Supporting my child.**

