

Parent-2-Parent

LPCF warmly welcomes parents and professionals to a talk on

Self Harm Awareness

presented by Nicola Wickstead, a qualified counsellor and psychotherapist with CASY counselling.

This event is supported by Comic Relief funding and Managed Care Network.

Who should attend? This talk is suitable for parents, carers, professionals and anyone with an interest in self-harm.

Content:

The workshop covers six main areas including:

- What is self harm?
- How do people self harm?
- Why do people do it?
- Indications and signs to look for
- How to help
- Appropriate support/next steps

Aims:

The workshop aims to help you:

- Increase understanding of self harm
- Identify signs that someone may be self harming
- Make that first conversation with someone who may be self harming
- Know where to go for more help



To book your place at this event, drop us an email to let us know you are coming. Professionals can book through our website: www.lincspcf.org.uk.

Parent carers - FREE

Professionals - £25. Continuing Professional Development certificates can be booked in advance.



30th September 2016

6:45pm for a 7pm start

Includes nibbles & refreshment break

Finishes at 9pm

Waddington Village Hall,
Off Mere Road,
Waddington, LN5 9NX

www.lincspcf.org.uk ~ email: admin@lincspcf.org.uk

tel: 0845 33 11 310 (leave a message and we will get back to you)

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