

## stem4 VIRTUAL PARENT CONFERENCE 2020

Thursday 12 November 2020 from 7:30pm – 9:00pm via Zoom

Settling Back and Moving Forwards – Maximising your Child and Young Person's Mental Health: in general and during COVID-19

An evening of online talks from a series of acclaimed speakers including Consultant Clinical Psychologist, Dr. Nihara Krause, aimed at helping you to understand mental health challenges in young people in general, as well as the impact of COVID-19 on mental health. There will also be a discussion on steps parents and carers can take to boost resilience, in their families and themselves.

To register for the conference at no charge please click on the link below:

## http://bit.ly/stem4parent

Enquiries – Education@stem4.org.uk

stem4 are grateful for the generosity of the Wimbledon Foundation Community Fund in enabling this conference to be offered to the Merton and Wandsworth Parent Community.





