

**BHASVIC**

# **Wellbeing Support Workshop**

**THE NEUROSCIENCE OF WELLBEING**

**An A2 parent/carer workshop led by Andrew Wright**

**Monday 3 February**

**19:00 – 20:00**

**BHASVIC Main Hall**

**An introduction to the neuroscience of wellbeing, some of the emotional/mental health issues your young person may be experiencing and tools/strategies to help**

**More information on how to book to follow in January**