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CHILDREN'S MENTAL HEALTH WEEK WITH PETRA VELZEBOER

05 April 2022

Video

Psychotherapist, mental health expert and parent Petra Velzeboer hosts a conversation session around mental health as parents for our children and young people. Petra looks at our questions and challenges around children's mental health as well as skills for ourselves. Petra looks at what good mental health looks like, how to access support effectively and how to work with your child to see what that might look like. While exploring the biggest challenges parents have in this new world such as boundaries, loneliness and online issues, Petra also checks in on your mental health and how can parents lead by example. (Recorded February 2022)

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