



## ***Stronger Families Series***

Online webinars for Aberdeen parents to build knowledge and confidence.

### **What is coming up?**

Sign up using the Eventbrite links to find out more about each workshop.

#### **Meta skills – investing in your children future for Primary Parents**

Find out about the changing world of work, what a meta-skill is and why they are important to future careers.

Skills Development Scotland (SDS) – Amber George and Amy  
Tuesday 15<sup>th</sup> March 7.00pm -7.45pm to sign up use [Eventbrite](#)

#### **What is Self-Harm, how to support your child if they do.**

Penumbra - Francesca Read

Monday 21 March 7.30pm- 8.30pm to sign up use [Eventbrite](#)

#### **Suicide Awareness & Prevention for Parents/carers**

SAMH - Louise Penfold

Tuesday 26<sup>th</sup> April 7.00pm -7.45pm to sign up [Eventbrite](#)

#### **Emotion Coaching – understanding and supporting your child’s emotions**

Education Psychology Team at Aberdeen City Council - Nic & Alison

Wednesday 11<sup>th</sup> May 7.00pm – 8.00pm to sign up use [Eventbrite](#)

Please visit our [Parent Learning Hub](#) which is regularly updated with lots of information to support you and family.



A new [Stronger Families Series YouTube Channel](#) has been created to post all our webinars.