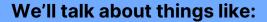
BALANCED MIND, BALANCED HOME EMPOWERING MALE CARERS TO PROTECT YOUNG MINDS

Join other male parents and carers at our live online workshop, which lasts up to two hours. We're here to give you the tools to protect your own mental health and that of your children.

> LEARN STRATEGIES TO SUPPORT YOUR CHILDREN WITH ANXIETY/WORRIES



- stress
- anxiety
- mental health
- grounding techniques

Ask questions, meet other parents and carers or just sit back and listen the choice is yours.

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Wednesday 23 April 2025 at 10am OR Thursday 12 June 2025 at 1pm



BARNARDOS

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Together

for Families