

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.

We'll talk about things like:

- stress
- anxiety
- mental health
- grounding techniques

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

TOGETHER,
WE CAN FLY!

LEARN STRATEGIES TO
SUPPORT YOUR CHILDREN WITH
ANXIETY/WORRIES



**CORNWALL
COUNCIL**
one and all • oen hag oll

Together 
for Families



Start for Life
CORNWALL



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

BARNARDOS

VIRTUAL FAMILY SPACE

SIGN UP USING OUR QR CODE OR CLICK HERE

Problems logging on? Just email Virtualfamilyspace@barnardos.org.uk with your name, mobile number and the session you'd like to book. We'll register you.