

# 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.



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](mailto:Virtualfamilyspace@barnardos.org.uk) with your name, mobile number and the session you'd like to book. We'll register you.