Believe in children
Barnardo's

NHS Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust
NHS Lancashire & South Cumbria NHS Foundation Trust

MyTime Cumbria

To all parents and carers

We are offering a free Zoom information session:

"Supporting your child's mental health through the pandemic"

Sessions will provide informal practical advice and ideas that can help you to support the mental health of you and your child through the pandemic.

Date	Start	Finish
Monday 1 February	1:30pm	2:30pm
Tuesday 2 February	4:00pm	5:00pm
Wednesday 3 February	2:30pm	3:30pm
Thursday 4 February	10:30am	11:30am
Friday 5 February	2:30pm	3:30pm
Thursday 11 February	10:30am	11:30am
Thursday 18 February	4:00pm	5:00pm
Wednesday 24 February	2:30pm	3:30pm

To book onto one of these sessions please email:
mytimecumbria@barnardos.org.uk
with your name and contact email address stating your preferred session date.