

FLASH



Families Learning About Self-Harm

Do you have a young person aged 11- 17 who is self-harming? Do you want more information on self-harm and how to manage the concerns within your home? Do you feel alone and would like the opportunity to discuss the problem with people who will understand?



Then this FLASH course may be what you're looking for:

FLASH is a group programme, free for parents/carers whose young person is exhibiting self-harming behaviour and how this may impact on the whole family.

In September 2019 FLASH will run over ten consecutive Tuesdays. Each session is designed to build on the previous sessions.

If you are interested book your place on the INFORMATION SESSION on Tuesday 17 September 2019, Time: 9-10am

Main programme starts on Tuesday 24 September 2019, Time: 9-11am

These are the topics we will cover:

1. Introduction
2. Teen development
3. Self-harm reality and fears
4. Listening skills
5. Raising self-esteem
6. Walking on eggshells
7. Consequences
8. Managing difficult times
9. The others - other family members
10. Putting it together

Venue: St Martin's School, Hanging Hill Lane, Hutton, Brentwood, CM13 2HG

This programme is run in partnership with Brentwood Borough Council and St Martin's School, Hutton.

Places are limited. Please contact lesleybentley2019@outlook.com to book a place.



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