

# Growing Up Happy and Healthy Online Workshop for BPS Parents



On **Tuesday 11th March, at 6:30pm**, we are very pleased to be able to offer our BPS community an exclusive online session with Wellbeing Coach, Alice Westbury, which will feature **top tips for parents to support positive mental health for the whole family.**

About Alice: Alice is a wellbeing coach who specialises in working with teenagers and children. She has worked with young people for most of her adult life, having previously been a Drama Teacher. Most importantly, she has 3 daughters of her own! During her coaching sessions with young people, Alice has noticed some common issues which come up regularly – this webinar is about sharing how to handle those issues and exploring some useful approaches to tackling wellbeing for the whole family.

The Zoom session is for BPS parents only. Although the session will be online, it is absolutely fine if you'd like to watch the session with your camera turned off - there will be absolutely no pressure to interact during the session.

[Click here to join the session on 11th March.](#) Alternatively, we will be sending the Zoom link out directly by text as well.