



Mini Medics Mental Health

Everyone has mental health. And all children have emotions. It is sometimes difficult to acknowledge and understand them and even more difficult to cope with them.

This is a brilliant training for children between age 9 and 13, but can suit children of any age. This training is suitable for any child, including children that are shy or have any disabilities or special educational needs, including the sensory ones. Everyone is welcome. It will give children knowledge, understanding and confidence while dealing with their own emotions and feelings, while also acknowledging other people's emotions and showing empathy and support.

This course will include many different fun activities, including some breathing exercising, grounding and coping strategies.

SYLLABUS:

A range of subjects is covered including:

- Understanding mental health
- Emotions and feelings
- Mental health problems
- Talking about mental health problems
- Looking after our mental health

CLASSROOM-BASED TRAINING:

Age of a child: 9 - 13 (please request for children age 5-9).

Children below age of 5 can stay for free with parents.

Duration: 3h session or can be spread into 2x 1,5 h sessions.

Certification: This is a non-regulated qualification and attendance is all that is required. There will be a Certificate of Attendance issued to all children taking part and free books and stationary handed out to each child.

Free coffee/tea and cakes for parents.

Parents/carers or teachers/assistant teachers, depending on the setting, are responsible for children during the session.

Please request prices for groups at schools or youth centres/community centres.

This training will be also delivered locally at community centres within Greater Manchester area, please register your interest by clicking the red button below .