

Introduction to Kooth (and Qwell) for Parents

Two virtual 'Introduction to Kooth' sessions are being held for parents of young people, aged 10-18, living in Bradford. The sessions will provide an overview of Kooth (www.kooth.com) explaining who we are and how we can help support your child's mental health and emotional wellbeing. We will also be providing information of how you as parents can access the Qwell support service (www.qwell.io), which is the same model of care as Kooth but for anyone aged 18+.

Heather Hook from Kooth will be hosting the sessions and will highlight all of the fantastic resources that are available, as well as giving a live demonstration of how the service works:

Thursday 4th February 6-7pm

Wednesday 17th February 6-7pm

To attend please register on the following link via Eventbrite:

<https://www.eventbrite.co.uk/e/136418440227>

Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.

kooth



Sign up for free at **Kooth.com**