

Come And Explore Kooth With Us

The following wellbeing session will provide professionals (who are working with young people) with the following information:

- * Noticed Trends in YP's mental health from Kooth Data
- * Useful activities and tips to assist with 1:1 work with young people and engaging them in conversations about their emotional wellbeing and mental health
- * Useful listening skills and techniques
- * How Kooth works to support young people (features)
- * Q&A opportunity

To attend, please register on the following link.

Thursday 4th March 11am-12pm

<https://www.eventbrite.com/e/140071945961>

Tuesday 2nd March 2-3pm

<https://www.eventbrite.com/e/140843778533>

This event is available to all professionals across Cumbria in Partnership with:



kooth

Free online counselling support for young people!

Discover everything Kooth has to offer



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