

Supporting your children with stress

Due to the current national lockdown, many young people are struggling with their mental health,. Kooth is a free safe and anonymous place for young people in Stockport 11-18. They can access counselling support the same day and a variety of tools to help build resilience.

Come along and find out more

Please book on Eventbrite:

26th January 6.00-7.00pm—<https://www.eventbrite.co.uk/e/kooth-presentation-for-stockport-parents-tickets-136959865645>

3rd February 6.00-7.00pm—Description:<https://www.eventbrite.co.uk/e/kooth-presentation-for-stockport-parents-tickets-136931017359>

Heather Hook - hhook@kooth.com

Tom Boroughs—tboroughs@kooth.com

kooth

Free online counselling support for young people!

Discover everything Kooth has to offer



Sign up for free at [Kooth.com](https://www.kooth.com)