



Join us for an empowering talk

Helping your child/ren to have healthy friendships and relationships with **Alicia Drummond**

Who our children choose as friends, how they handle falling out and making up, whether they can say no when it matters, all shape their sense of self and their mental health.

In this talk, we explore the sometimes complicated world of child and adolescent friendships and relationships: why healthy social connections matter so much for wellbeing, and what parents and carers can do to help build the skills that matter – making friends, setting boundaries, and working through conflict.

Alicia Drummond

BACP Accredited Therapist and
CEO of The Wellbeing Hub



**AMPLEFORTH
COLLEGE**

Thurs 26th November, 7-8pm

CLICK HERE

to join on zoom

