



THE
MINISTRY OF
PARENTING



THE BOX
A Social Space, Information Point &
Education Centre for Young People



FLASH



Families Learning
about *Self Harm*

Course for parents & Carers

Thursdays 7.30pm – 9.30pm
starting 17th March 2016

At The Box, St John's Road, Epping, Essex, CM16 5DN

- Are you concerned about a young person aged 10-18 who may be **self harming**?
- Do you want more information on **self harm** and how to manage the concerns within your home?
- Do you feel alone and would like the opportunity to discuss the problem with people who will understand?

Then the **FLASH** Course may be what you're looking for:

FLASH is a 10 week non-judgemental group course for parents/carers whose young person is exhibiting self-harming behaviour, offering information, practical skills and support.

There is **NO COST** to attend the course. Each session lasts 2 hours, refreshments are provided.

All enquiries to: The Box, St John's Road, Epping, Essex, CM16 5DN 01992 577300 or
Email: kate.collin212@gmail.com tel:07951 484805