



## Nessie Free Parent Online Support January – March 2023 Positively Supporting Children with Self-Harming Behaviours

Nessie is funded to support parents/carers of children and young people who self-harm to explore and develop a positive and more confident approach to keeping young people safe and offer a chance to identify useful strategies and resources.

Event	Date and time
Online workshop <a href="#">Helping Parents &amp; Carers to support young people with self-harming behaviours</a>	Monday 30 <sup>th</sup> January 10.00-12.00
Online Peer Support Group <a href="#">A closed confidential group running for 6 weeks</a>	Tuesday 21 <sup>st</sup> February 12.30 – 14.00
Online workshop jointly delivered with Pinpoint <a href="#">Supporting children with Neurodiversity (pre or post diagnosis) who self-harm</a>	Tuesday 27 <sup>th</sup> February 12.00-13.30
Online workshop <a href="#">Helping Parents &amp; Carers to support young people with self-harming behaviours</a>	Tuesday 28 <sup>th</sup> February 10.00-12.00
Online workshop <a href="#">Helping Parents &amp; Carers to support young people with self-harming behaviours</a>	Tuesday 21 <sup>st</sup> March 18.30 – 20.30
Online workshop jointly delivered with Pinpoint <a href="#">Supporting children with Neurodiversity (pre or post diagnosis) who self-harm</a>	Monday 27 <sup>th</sup> March 12.00-13.30

Places **MUST** be booked in advance.

Please click the individual workshop link, click [HERE](#), scan the QR code, or visit our website: [www.nessieined.com](http://www.nessieined.com)



Events are funded by Cambridgeshire County Council  
for residents of Cambridgeshire

*Helping children and young people thrive*

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