

# UNDERSTANDING SELF HARM WORKSHOP

Run by **Sonia Clarke MBACP(Reg)**  
from **Mind in Mid Herts**

**DATE: Wednesday, 17<sup>th</sup> June 2015**

**TIME: 7.30pm – 9.30pm**

**VENUE: Loreto College, Hatfield Road, AL1 3RQ**

**A Parenting Workshop run by Sonia Clarke  
(Mind in Mid Herts)**

**£15.00 per person**

*Concessions available*

## **We will explore:**

- What is Self Harm?
- The local and national picture
- Managing our emotions
- How to communicate with young people
- Problem solving
- Resources and services
- Who can help



To find out more and to book a place please call Vista on 01727 855134 or  
Email: [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com)



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