The NHS Mental Health Support Team (MHST) invites you to book your place on our:

Understanding Behaviour as Communication Online Workshop

These are online sessions aimed at parents and carers, to introduce the concept of behaviour as communication. It will give practical strategies to develop more positive behaviour and communication at home.

<u>Upcoming Sessions:</u>

- **Every Monday for 5 weeks from 11 January 2027 until 8 February at 10:30am**
- **Every Monday for 5 weeks from 11 January 2027 until 8 February at 1pm**
- **Every Wednesday for 5 weeks from 13 January 2027 until 10 February at 1pm**

To request a place, please complete the online form or scan the QR code provided- https://forms.cloud.microsoft/e/DB70U2ggta

Sign ups will close on 10 December 2026

NHS
Cornwall Partnership
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