



Mental Health Champions Network Calendar of Events 2024



Jan

- 9th 4-5pm Decider Life Skills Awareness (Online - Parents)
- 22nd, 24th, 29th, 31st 1-5pm YMHFA (Online – Professionals)

Feb

- 1st 12-1pm Decider Life Skills Awareness (Online - Professionals)
- 20th 4-5pm Decider Life Skills Awareness (Online - Parents)
- 27th 3:30-5pm Mental Health Champions Network Meeting - Theme 'Self Harm Awareness' (Online - Professionals)

Mar

- 5th, 7th, 12th, 14th 1-5pm YMHFA (Online – Professionals)
- 14th 12-1pm Decider Life Skills Awareness (Online - Professionals)
- 26th 4-5pm Preparing for Exams (Online - Parents)

Apr

- 2nd 4-5pm Decider Life Skills Awareness (Online - Parents)
- 25th 12-1pm Decider Life Skills Awareness (Online - Professionals)
- TBC Autism Session (Online – Professionals)

May

- 7th 4-5pm Introduction to Nature Well and Nature Connectedness (Online – Professionals)
- 14th 4-5pm Decider Life Skills Awareness (Online - Parents)

Jun

- 6th 12-1pm Decider Life Skills Awareness (Online - Professionals)
- 11th 3:30-5pm Mental Health Champions Network Meeting – Theme 'Pride Month' (TBC - Professionals)

Jun

- 18th 4-5pm Self Harm Awareness (Online - Professionals)
- 25th 4-5pm Decider Life Skills Awareness (Online - Parents)

Jul

- 2nd 4-5pm Preparing for Transition (Online - Parents)
- 18th 12-1pm Decider Life Skills Awareness (Online - Professionals)

Aug

- 6th 4-5pm Decider Life Skills Awareness (Online - Parents)
- 29th 12-1pm Decider Life Skills Awareness (Online - Professionals)

Sep

- 9th 3.30-5pm Mental Health Champions Network Meeting - Theme Suicide Prevention (Online - Professionals)
- 17th 4-5pm Decider Life Skills Awareness (Online - Parents)

Oct

- 10th 12-1pm Decider Life Skills Awareness (Online - Professionals)
- 15th 4-5pm Self Harm Awareness (Online - Professionals)
- 29th 4-5pm Decider Life Skills (Online - Parents)

Nov

- 13th 4-5pm Anti-Bullying Week (Online - Professionals)
- 21st 12-1pm Decider Life Skills Awareness (Online - Professionals)

Dec

- 10th 3:30-5pm Mental Health Champions Network Meeting - Theme Supporting Children and Young People over Christmas (Online - Professionals)

Please email MyTime: mytimecumbria@barnardos.org.uk for more information and to book your place.