

Fortitude Matters: When Children are Hurting

When children's mental health is ill.....

Parents and carers need to be a source of strength and support to those who are vulnerable.

However, the secret no one talks about is the effect this has on mental health, wellbeing and relationships. Guilt, blame, fear and shame are often part of a parent's experience. They also struggle with reaching out to their support networks due to the need to maintain their child's privacy. In this session, we will have an open and honest look at the experience of the grown ups who support children's mental health. We will also look at realistic ways to support the needs of these grown ups so they can continue to be there for their children.

Session Outline

- Let's talk about guilt and shame
- The blame game and why it hurts everyone
- Using the relationship as a place for healing
- Maintaining strength on the outside for our children
- Realistic Interventions to for healing and Wellbeing
- Useful websites and resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.