



Merseyside Youth Association's mental health promotion team (RAISE Team) deliver a range of bite-size courses covering a range of mental health issues that impact children, young people and their families.

Bite-size sessions coming up in March, delivered via Zoom unless otherwise stated:

Self-harm- 02/03/2023 10:00 am - 11:00 am [book here](#)
Eating Disorders – 02/03/2023 4:00 pm - 5:00 pm [book here](#)
Kinship Carers - 02/03/2023 4:00 pm - 5:00 pm [book here](#)
Social media and mental health – 02/03/2023 4:00 pm - 5:00 pm [book here](#)
Understanding Low Mood and Depression in Young People - 03/03/2023 10:00 am - 11:00 am [Book here](#)
Understanding and Managing Anxiety- 03/03/2023 3:00 pm - 4:00 pm [book here](#)
Suicide Awareness – 13/03/2023 9:30 am - 10:30 am [book here](#)
An Introduction to Psychosis – 13/03/2023 11:00 am - 12:00 pm [book here](#)
Resilience – 13/03/2023 3:00 pm - 4:00 pm [book here](#)
Grief and Loss - 13/03/2023 4:00 pm - 5:00 pm [book here](#)
An Introduction to Grooming and Exploitation – 14/03/2023 4:00 pm - 5:00 pm [book here](#)
Post-traumatic growth (PTG) 15/03/2023 10:00 am - 11:00 am [book here](#)
Behaviour as Communication – 16/03/2023 10:00 am - 11:00 am [book here](#)
ACEs and Trauma-Informed Practice – 20/03/2023 10:00 am - 11:00 am [book here](#)
Managing Challenging Conversations - 21/03/2023 10:00 am - 11:00 am [book here](#)
Managing my stress response - 21/03/2023 10:00 am - 11:00 am [book here](#)
Managing Child Worry - 21/03/2023 4:00 pm - 4:45 pm [book here](#)