

GLS / C / 676-23

CIRCULAR

31 May 2023

**'Child Mental Health Matters'- parent workshop**

Dear parents,

We are writing to inform you about an important online training workshop **'Child Mental Health Matters'** for parents on mental health organized by the Dubai Health Authority (DHA). This workshop is specifically designed for parents and aims to provide valuable insights and strategies for supporting your child's mental well-being.

According to the World Health Organization, 1 in 5 children struggle with a mental health condition. As parents, it is crucial for us to understand the difference between good social, emotional, and mental health and the development of mental health conditions in our children. Early detection and intervention in mental health difficulties lead to better outcomes, just as it does for physical health issues. Please [click here](#) to access the flyer.

The workshop will be conducted online for a duration 2 hours and will include a Q&A segment and opportunities for discussion, allowing you to interact with experts in the field. Find below the workshop schedule.

**Workshop Schedule:**

DHA Mental Training Online Sessions			
Child Mental Health Matters:			
Date	Time	Registration Link	Number of Expected Attendees
May 31, 2023	12 pm to 2 pm	<a href="https://bit.ly/3nqPkzg">https://bit.ly/3nqPkzg</a>	1000
June 6, 2023	11 am to 1 pm	<a href="https://bit.ly/44rI9ro">https://bit.ly/44rI9ro</a>	1000
June 8, 2023	9 am to 11 am	<a href="https://bit.ly/3NGQtNE">https://bit.ly/3NGQtNE</a>	1000
June 12, 2023	10 am to 12 pm	<a href="https://bit.ly/3nxcgwC">https://bit.ly/3nxcgwC</a>	1000
June 13, 2023	10 am to 12 pm	<a href="https://bit.ly/3HB2D78">https://bit.ly/3HB2D78</a>	1000
June 14, 2023	10 am to 12 pm	<a href="https://bit.ly/42a9D2G">https://bit.ly/42a9D2G</a>	1000
June 16, 2023	11 am to 1 pm	<a href="https://bit.ly/3APrg4">https://bit.ly/3APrg4</a>	1000
June 19, 2023	10 am to 12 pm	<a href="https://bit.ly/3nk0pCi">https://bit.ly/3nk0pCi</a>	1000
June 20, 2023	11 am to 1 pm	<a href="https://bit.ly/3NvfQCf">https://bit.ly/3NvfQCf</a>	1000
June 21, 2023	10 am to 12 pm	<a href="https://bit.ly/41XybfG">https://bit.ly/41XybfG</a>	1000
June 22, 2023	10 am to 12 pm	<a href="https://bit.ly/40VQyA9">https://bit.ly/40VQyA9</a>	1000
June 23, 2023	10 am to 12 pm	<a href="https://bit.ly/3VtpKGd">https://bit.ly/3VtpKGd</a>	1000

To register for the workshop, please click on the respective registration link for the date and time that suits you best. The registration process is straightforward, and upon completion, you will receive a confirmation email with a Webinar ID to further access the online workshop.

We highly encourage all parents to participate in this workshop as it will equip you with valuable knowledge, skills, and strategies to support your child's mental health. By attending, you will gain a deeper understanding of the subject and be better prepared to address any concerns that may arise.

Investing in our children's mental health is crucial for their overall well-being and future success. By participating in this workshop organized by the Dubai Health Authority, we can collectively contribute to a healthier and happier future for our children.

Thank you for your attention, and we look forward to your active participation in this important workshop.

Warm regards,



Asha Alexander

Principal

Executive Leader - Climate Change

آشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ