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SUPPORTING OUR YOUNG PEOPLE EVENTS IN MAY

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

Bite-size sessions coming up in May delivered via Zoom are:

Children in Care Pathway *This session is for those working in social care* 05/05/2026
2:00 pm - 3:00 pm [Book here](#)

Body Image - 11/05/2026 9:30 am - 10:30 am [Book here](#)

An Introduction to Eating Disorders - 11/05/2026 11:30 am - 12:30 pm [Book here](#)

Nutrition and Wellbeing - 11/05/2026 12:00 pm - 1:15 pm [Book here](#)

Cultivating Self-Compassion - 11/05/2026 1:30 pm - 2:45 pm [Book here](#)

Adolescent Brain Development - 12/05/2026 10:00 am - 11:00 am [Book here](#)

Child & Adolescent to Parent Violence & Abuse Session (CAPVA) - 12/05/2026 10:00 am
- 12:00 pm [Book here](#)

Understanding ARFID (Avoidant Restrictive Food Intake Disorder) - 12/05/2026 2:00 pm
- 3:00 pm [Book here](#)

Understanding and supporting crisis and risk in schools - 13/05/2026 10:00 am - 11:30
am [Book here](#)

Emotionally-Based School Avoidance - 13/05/2026 12:00 pm - 1:00 pm [Book here](#)

Introduction to Self-Harm - 14/05/2026 10:00 am - 11:00 am [Book here](#)

Parental Mental Health - 14/05/2026 12:00 pm - 1:30 pm [Book here](#)

An Introduction to Psychosis - 18/05/2026 9:30 am - 10:30 am [Book here](#)

Building Resilience - 18/05/2026 11:00 am - 12:00 pm [Book here](#)

Grief and Loss - 18/05/2026 2:00 pm - 3:00 pm [Book here](#)

Post-traumatic growth (PTG) - 18/05/2026 3:30 pm - 4:30 pm [Book here](#)

The Online World and Mental Health - 19/05/2026 10:00 am - 11:30 am [Book here](#)

The Importance of Sleep - 19/05/2026 1:00 pm - 2:30 pm [Book here](#)

Ketamine's Impact on Mental Health - 19/05/2026 3:30 pm - 4:30 pm [Book here](#)

Young Carers: Identification, Needs and Barriers - 21/05/2026 10:00 am - 11:30 am [Book here](#)