

# Supporting emotional well-being and resilience in separated children

An introduction to the refugee experience and how this can affect mental health, this course supports non-clinical professionals working with separated children to understand how the refugee experience can impact on mental health and development, early warning signs of poor mental health, appropriate responses, and provides practical tools for supporting well-being and resilience.

## Aims and objectives

- Context and the refugee experience
- Implications for Separated Children
- Connection, Power, Culture
- Adolescence, Migration, Trauma: The intersection
- Refugee Council Therapeutic care model
- Building a toolkit of ideas
- Preventing burnout

## ■ Multiple dates

■ 9:30-12:30 for two mornings

■ Apr 4<sup>th</sup>&5<sup>th</sup>

■ Nov 16<sup>th</sup>&18<sup>th</sup>

■ May 23<sup>rd</sup>&24<sup>th</sup>

■ Dec 5<sup>th</sup>&6<sup>th</sup>

■ Jun 6<sup>th</sup>&7<sup>th</sup> | 20<sup>th</sup>&21<sup>st</sup>

■ Jul 18<sup>th</sup>&19<sup>th</sup>

■ Sep 5<sup>th</sup>&6<sup>th</sup>

■ Oct 3<sup>rd</sup>&4<sup>th</sup> | 26<sup>th</sup>&27<sup>th</sup>

**Eligibility: those working in West-Mids SMP region only**

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SUPPORTING AND EMPOWERING REFUGEES

