

The BIG Family Event Being Well, Doing Well Dynamic Earth, Saturday 9th November 2024 9.30am-3pm approx.

Plus have the chance to explore Dynamic Earth and its amazing exhibits after!

Who is the event for?

This **FREE** event is for anyone in your family who wants to connect and learn more about family relationships and wellbeing. Family can mean different things to different people so whether you're a parent, carer, grandparent, uncle, cousin, young person, sibling - we'd love to see you there.

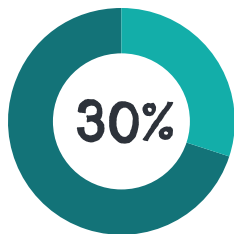
What will happen during the day?

Families can expect a warm welcome and an opportunity to take part in a range of fun and interesting sessions and activities. There will also be a chance to connect with other organisations and families through our workshops, marketplace and conversation cafe which we hope will leave you feeling positive, uplifted and supported. We are delighted **Maree Todd MSP, Minister for Social Care, Mental Wellbeing and Sport** will be joining us too.

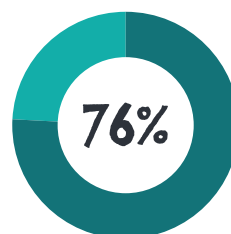
How much does it cost to attend the event?

This event is free to attend! Plus lunch and refreshments will be available for all throughout the day.

"Thank you so much for a wonderful, informative and easy to understand event. Gave me lots of food for thought, my approach tomorrow morning will be different and calmer for all! Thank you." **Parent/Carer SCCR Event Attendee**



30% of young people **felt conflict at home affected their mental health**, and for some the effects are quite severe.



76% of parents/carers said **family arguments had affected their mental health** at one time or another.

Marketplace

Throughout the day you'll have the opportunity to meet a number of organisations and agencies to chat and find out more about the work they do with families. Some organisations coming along include **Carers Trust Scotland, Kinship Care Advice Service for Scotland, Families Outside, Parent Club, Parenting Across Scotland and more!**

Workshops and Activities

Workshops will run in the morning and afternoon for all to attend. There will also be different activities and areas to explore and drop into such as; **Quiet Zone, Games/Play Zone, Chill Area** and **Creative Corner**.

Book your space on our [website](#) or email sccr@cyrenians.scot to find out more!

"[My take home message from the event was] how many forms of support I actually have despite not thinking it." **Young Person, SCCR Event Attendee**