



## MENTAL HEALTH & WELL-BEING

Coffee mornings with a difference!!



If you want to find out more about how to support and promote your child's mental health and well-being then please come and join me for coffee, discussions, ideas and suggestions on the following dates:-

**Friday 4<sup>th</sup> October - ANXIETY**

**Friday 6<sup>th</sup> December - EMOTIONS**

**Friday 10<sup>th</sup> January - ANGER**

**Friday 6<sup>th</sup> March - SELF ESTEEM**

**Friday 1<sup>st</sup> May - RESILIENCE**

**Friday 3<sup>rd</sup> July - MISP/MINDFULNESS**

These will all start @ 9.10am and will be held in THE HUB.

I look forward to welcoming you there and working together to support your children.

Please email me to let me know you will be attending.

[s77sparker@meriden.solihull.sch.uk](mailto:s77sparker@meriden.solihull.sch.uk)

Many thanks

Miss Sarah Parker

