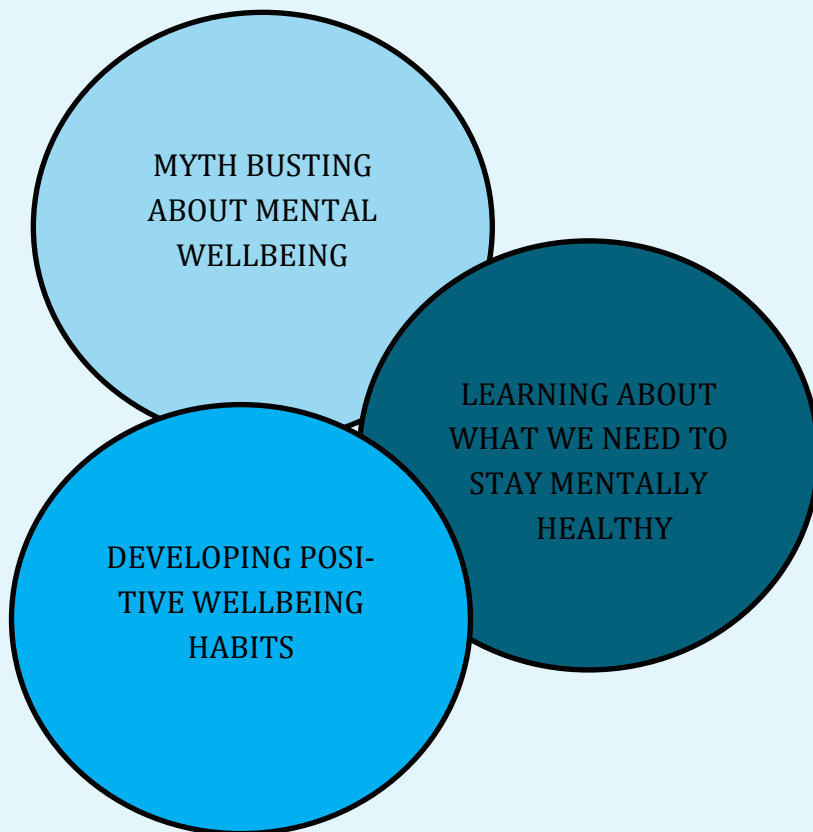


WELLBEING WORKSHOPS FOR FAMILIES

PRESENTED BY SOLIHULL COMMUNITY EDUCATIONAL PSYCHOLOGY SERVICE

FREE ONLINE WORKSHOPS FOR SOLIHULL PARENTS AND CARERS



- Myth busting – what is and isn't mental health?
- What do we need to stay calm and mentally well?
- How can we make positive changes into habits?

DATES:

- Wednesday 27th January 13:30 – 14:30
- Friday 5th February 10:00 – 11:00
- Wednesday 24th February 18:00 – 19:00

Each session will be facilitated by an Educational and Child Psychologist from Solihull Community Educational Psychology Service.

To attend please email the date you would like to attend to edpsych@solihull.gov.uk and a Zoom link will be sent out once you have registered.

