A SESSION FOR PARENTS
TO HELP BUILD CHILDREN'S EMOTIONAL WELLBEING

A MIND OF THEIR OWN

Information session from Care for the Family:
Wednesday 21st Feb in the Parent Hut from 9 till 11am

Building your child's emotional wellbeing
In an anxious and confusing world, this event will give parents, carers, and anyone working with young people, practical and preventative tools to help your children build strong emotional resilience and healthy mental wellbeing.
A Mind of Their Own is packed with practical and preventative tools for you to use at home, helping you to better understand what's going on in your child's head.
To book a place please email
psa@loddon.wokingham.sch.uk

Care for the Family