

Join us for a time as parents to explore...

- What is mental health?
- Children's development
- How to support your child's mental health
- signposting/ resources



**TUESDAY 10<sup>TH</sup> FEBRUARY**  
**ARRIVAL 2:20PM, 2:30PM START**  
**OLD FORD PRIMARY ACADEMY**



# **SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING WORKSHOP**

**MENTAL HEALTH AWARENESS WEEK**