

Lunch and Chat Online Groups with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing? If you do, these FREE online small group workshops may be for you!

Lunch and Chat Small Group Workshop

Wednesday 22nd October 1pm to 2pm

Wednesday 25th February 1pm to 2pm

These will take place on Microsoft Teams and there will be some "taught" content followed by group discussions.

For more info and to book scan the QR code or visit:



www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions, please email
mhst.info@eastsussex.gov.uk