

## Coffee Morning – supporting your children’s emotional and wellbeing needs



### Facilitated by the Piece of Mind Mental Health Support Team

Come along for a tea / coffee and chat with one of our Education Mental Health Practitioners (EMHPs) to explore different ways to support your child.



- Is your child struggling to get to sleep on a night or struggles to leave you on a morning?
- Are you unsure of what support is available?
- Do you want to know more about other services / agencies available and how to access them?
- Does your child often complain of physical symptoms such as: headaches, stomach aches, shaky, hot, and sweaty?
- If you’ve answered yes to any of these questions or you would just like to know more about our service, then please come and join us.

We look forward to seeing you at our coffee morning on:

**Monday 17<sup>th</sup> July 2023 9am**

At St. John’s C of E Primary School. School staff will be around for you to talk to as well as Leah Fletcher from the Piece of Mind team and Kim Oldham the Family Support Navigator.

Please let us know if you can attend.

