# Mental Health Coffee Afternoon



**Friday 16th October**

**St John's School Hall**

**2:15pm - 3:00pm**

Join Sofina, Our School Educational Mental Health Practitioner for a relaxed chat where you can find out how we can support your child.

## Come along to:

- Learn how the Mental Health Support Team (MHST) works in school
- Find out what support and services are available for children and families
- Gain future information and advice to help you support your child's emotional wellbeing
- Ask questions in a friendly, informal setting

Whether you have concerns or simply want to understand more about children's mental health, this session is for you.

We look forward to welcoming you and working together to support the wellbeing of our children.