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Blackthorn Place, Chesterton,
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Well-being Drop in Session



How can the Mental Health Support Team Help?

If you would like to talk to someone about your child's:

- Anxiety
- Worry management
- Low moods
- Stress
- Problem solving
- Panic managements
- Coping strategies
- Difficulties with emotions/feelings

Come along on **Thursday 21st March between 9 and 10am**
to our drop-in session in our school hall.

Meet our School Mental Health Support Worker where you can have an informal chat over a cup of tea/coffee and a biscuit and if needed have a private chat about any worries or concerns you may have in relation to supporting your children.

See you all there on **Thursday 21st** from 9am



Our School Rules:

Try your best

Be calm

Be truthful

Be safe

Be kind

