

## Lunch and Chat Online Group and In-person Family Hub Workshops 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 or in-person small group workshops may be for you!

### Lunch and Chat Small Group

17<sup>th</sup> September, 1pm to 2:30pm

21<sup>st</sup> January, 1pm to 2:30pm

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

### Small group in-person sessions

#### Taming the Worries

Thursday 25<sup>th</sup> September, 10am to 12pm @ St Leonards Family Hub

Monday 6<sup>th</sup> October, 1:30pm to 2:30pm @ Shinewater Family Hub

Monday 13<sup>th</sup> October, 10am to 12pm @ Lewes Family Hub

Monday 20<sup>th</sup> October, 10am to 12pm @ Hailsham Family Hub

Wednesday 5<sup>th</sup> November, 10am to 12pm @ Uckfield Family Hub

Thursday 27<sup>th</sup> November, 12pm to 2pm @ Sidley Family Hub

Monday 9<sup>th</sup> February, 12:30pm to 2:30pm @ Peacehaven Family Hub

Wednesday 4<sup>th</sup> March, 12pm to 2pm @ Uckfield Family Hub

**Tricky Mornings** - Friday 7<sup>th</sup> November @ Devonshire Family Hub

**The Impact of Neurodiversity on anxiety, sleep and tricky mornings** - Thursday 13<sup>th</sup> November 9:30am to 11:00am

Tea/Coffee and biscuits will be available, and we will be providing activities to make some items to take home with you to do with your child/ren

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



[www.tickettailor.com/events/mentalhealthandwellbeingineducation](http://www.tickettailor.com/events/mentalhealthandwellbeingineducation)

If you have any questions, please email  
[mhst.info@eastsussex.gov.uk](mailto:mhst.info@eastsussex.gov.uk)