



## Lunch and Learn Online Workshops 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 webinars or our in-person small group workshops may be for you!

### Lunch and Learn Webinars

**How to support your child with worry and anxiety**

Thursday 27<sup>th</sup> February 2025, 1pm, to 2pm

Wednesday 11<sup>th</sup> June 2025, 1pm to 2pm

**How to support a worrying child with transition to secondary**

Wednesday 21<sup>st</sup> May 2025, 1pm to 2pm

### Small group in-person sessions

**Supporting primary school children with anxiety and worry**

Wednesday 2<sup>nd</sup> October 2024, 10am to 12pm @ Sidley Family Hub

Tuesday 8<sup>th</sup> October 2024, 10am to 12pm @ Uckfield Family Hub

Monday 27<sup>th</sup> January, 10am to 12pm @ Hailsham Family Hub

Thursday 30<sup>th</sup> January, 10am to 12pm @ Devonshire Family Hub

Wednesday 5<sup>th</sup> February, 12pm to 2pm @ Sidley Family Hub

Monday 10<sup>th</sup> February, 12:30pm to 2:30pm @ Peacehaven Family Hub

Wednesday 26<sup>th</sup> February, 1pm-3pm @ Shinewater Family Hub

Monday 10<sup>th</sup> March, 12:30pm to 2:30pm @ Lewes Family Hub

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.parentteam@eastsussex.gov.uk](mailto:mhst.parentteam@eastsussex.gov.uk)