

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

17th September, 1pm to 2:30pm

21st 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 25th September, 10am to 12pm @ St Leonards Family Hub

Monday 6th October, 1:30pm to 2:30pm @ Shinewater Family Hub

Monday 13th October, 10am to 12pm @ Lewes Family Hub

Monday 20th October, 10am to 12pm @ Hailsham Family Hub

Wednesday 5th November, 10am to 12pm @ Uckfield Family Hub

Thursday 27th November, 12pm to 2pm @ Sidley Family Hub

Monday 9th February, 12:30pm to 2:30pm @ Peacehaven Family Hub

Wednesday 4th March, 12pm to 2pm @ Uckfield Family Hub

Tricky Mornings - Friday 7th November @ Devonshire Family Hub

The Impact of Neurodiversity on anxiety, sleep and tricky mornings - Thursday 13th 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

If you have any questions, please email
mhst.info@eastsussex.gov.uk