



COFFEE MORNING

FOR PARENTS / CARERS

Join the Reflexions team for a workshop on how to talk openly with your child about their mental health. We'll share simple, practical ways to start supportive conversations, spot early signs of distress, and use helpful coping tools at home.

- * Simple tips for open everyday chats
- * Practical tools to support emotional wellbeing
- * Guidance on where to find extra help when needed



**THURSDAY 21ST
JANUARY 2027**

Arrive from 9am
Starts at 9:15-10:15

**HALL GREEN
PRIMARY**

Everyone welcome!