



**Mental Health
Support Team**

Summer Holiday Workshops

Reflexions are offering a number of free workshops during the Summer Holidays to support children and young people's mental health and wellbeing.

Craft n Chat Workshop

Wednesday 31st July 2024 - Olympics Theme
Wednesday 21st August 2024 - Wellness Theme
Wednesday 28th August 2024 - Friendships Theme

**Smethwick Barnarbos Centre, Corbett Street,
Smethwick, B66 3PX**

10am - 12pm

Craft n Chat Workshop

Wednesday 7th August 2024 - Happiness Theme

**Reflexions Allotment, Old Park Road, Wednesbury
(opposite the Black Horse Pub)**

10am - 12pm

Spaces on our workshops are limited and therefore we ask that you book a place onto the workshop(s) by emailing bchft.reflexions@nhs.net.