



POSITIVE MENTAL HEALTH FOR CHILDREN & YOUNG PEOPLE

Tuesday, 19 February 6.30pm-8.30pm

at the Letchworth Centre for Healthy Living

Cost £8

Book online at [https://www.letchworthcentre.org/classes/
lunchtime-talks-and-workshops/](https://www.letchworthcentre.org/classes/lunchtime-talks-and-workshops/)
or call the Letchworth Centre on 01462 678804

The aim of this session is to raise awareness and recognition of mental health issues in children & young people. It will provide an opportunity to identify and discuss aspects of mental health, as well as looking at effective management and intervention.

The session will include an overview of depression, self harm & anxiety and the way in which these can impact our children, as well as looking at ways in which we can positively respond.

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Supporting Positive Mental
Health in Schools