

Heads up

*A parents' and carers' guide
to child and adolescent mental
health and emotional wellbeing*

*Understand the pressures that affect children
and young people and how these can
impact on their mental health*

*Learn how to help your child develop
positive ways of coping and
become emotionally resilient*

Next session:

Chilton Community Primary School

Violet Hill Road, Stowmarket, IP14 1NN

Wednesday 11th October, 1-3pm

To book a place, call or text **07904 442821** or
email **jennifer.kiernan@volunteeringmatters.org.uk**