



# Emotional Health and Wellbeing Drop In

For children aged 5 to 18 and their families

If you're worried about something that's happening in your life, need some space to talk or want some advice on how you're feeling, drop in and have a chat to a trained professional.

You can come on your own or with someone else; you will always be made to feel welcome.

When? Tuesday 6<sup>th</sup> August 1-3  
Friday 23<sup>rd</sup> August 10-12

Where? Upstairs in The Pig,  
Armada Way, PL1 1HX

