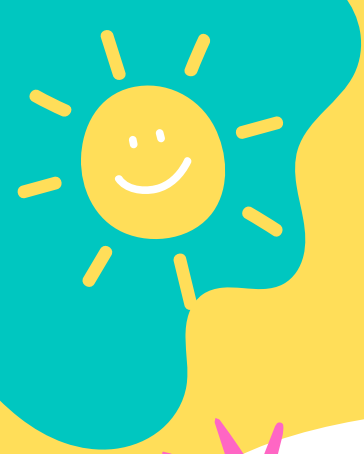


SUMMER WORKSHOPS

WITH

THE MENTAL HEALTH SUPPORT TEAM

MINDFULNESS AND RELAXATION

10:30AM-12:00PM ON 22ND JULY AT RECTORY ROAD CLINIC, RUSHDEN

10:30AM-12:00PM ON 26TH AUGUST AT NEWLAND HOUSE, NORTHAMPTON

MANAGING LOW MOOD

10:30AM-12:00PM ON 29TH JULY AT DANETRE HOSPITAL, DAVENTRY

1:00-2:30PM ON 20TH AUGUST AT ISEBROOK HOSPITAL, WELLINGBOROUGH

IMPROVING MY SLEEP

10:00-11:30AM ON 30TH JULY AT DANETRE HOSPITAL, DAVENTRY

10:00-11:30AM ON 24TH AUGUST AT SUDBOROUGH HOUSE, KETTERING

MANAGING MY WORRIES

10:00-11:30AM ON 3RD AUGUST AT KINGSTHORPE FAMILY HUB

10:00-11:30AM ON 13TH AUGUST AT RECTORY ROAD CLINIC, RUSHDEN

MANAGING MY EMOTIONS

12:45-2:15PM ON 6TH AUGUST AT ISEBROOK HOSPITAL, WELLINGBOROUGH

10:30AM-12:00PM ON 24TH AUGUST AT KINGSTHORPE FAMILY HUB

SUITABLE
FOR AGES
9-12



FOR ANY QUESTIONS,
PLEASE CONTACT
[CYP.MHST@NHFT.NHS.UK](mailto:cyp.mhst@nhft.nhs.uk)

SIGN UP HERE!

