

Supporting Primary School Children with Anxiety and Worry

Small Group Workshops for Parents and Carers with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing?

If you do, these FREE informal workshops at your local Family Hub maybe for you. Maximum of 10 people and there will be tea/coffee available.

Sidley Family Hub

Thursday 1 February 2024,
12:30pm to 2:30pm

Thursday 13 June 2024, 2024,
12:30pm to 2:30pm

Hailsham Family Hub

Tuesday 06 February 2024,
10:00am to 12:00pm

Hastings Town Family Hub

Thursday 22 February 2024,
10:00am to 12:00pm

Devonshire Family Hub

Thursday 07 March 2024,
10:00am to 12:00pm

Uckfield Family Hub

Wednesday 13 March 2024,
12:30pm to 2:30pm

Tuesday 14 May 2024, 12:30pm to
2:30pm

East Hastings Family Hub

Tuesday 26 March 2024, 10:00am
to 12:00pm

Archery Youth Hub

Tuesday 16 April 2024, 10:00am
to 12:00pm

St Leonards Family Hub

Wednesday 24 April 2024,
10:00am to 12:00pm

Robsack Family Hub

Wednesday 08 May 2024, 10:00am
to 12:00pm

Shinewater Family Hub

Tuesday 04 July 2024, 10:00am
to 12:00pm

Hollington Youth Hub

SECONDARY SCHOOL AGE

Wednesday 05 June 2024,
10:00am to 12:00pm

Webinars

Supporting your child with anxiety
and worry - Primary School

Thursday 08 February 2024, 6:00pm -
7:30pm

Supporting your child with anxiety
and worry - Secondary School

Thursday 29 February 2024, 12:00pm
to 1:30pm



For more info and to book a space scan the QR code or visit:

www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions, please email:

mhst.parentteam@eastsussex.gov.uk