

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

Boosting your child's mood

Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)

Online

Wednesday

11th November

12 - 1pm

On Teams

Who is it for:

Parent Workshop who
want to learn more
about

**What is low mood and
the symptoms.**

**Things that can impact a
child's mood and how to
improve it.**

**Sleep hygiene and five
ways to Wellbeing.**

Join on Teams

Meeting ID:

366 597 289 201 567

Passcode:

yw327Cv3

