

**FREE**

**Summer**



## **Wellbeing Workshops**

### **Topics Included:**

**Transition into Secondary School**

**Mental Health Awareness**

**Parent/Carer Workshop**

**Low Mood and Self-Esteem**

**Labelling & Stereotypes**

**Understanding Anxiety**

**Anger & Conflict Resolution**

**Based in  
Coventry  
Family Hubs**

For more information go to <https://bit.ly/3cZSaWu> or contact Coventry young minds

 **Mind** Coventry and Warwickshire