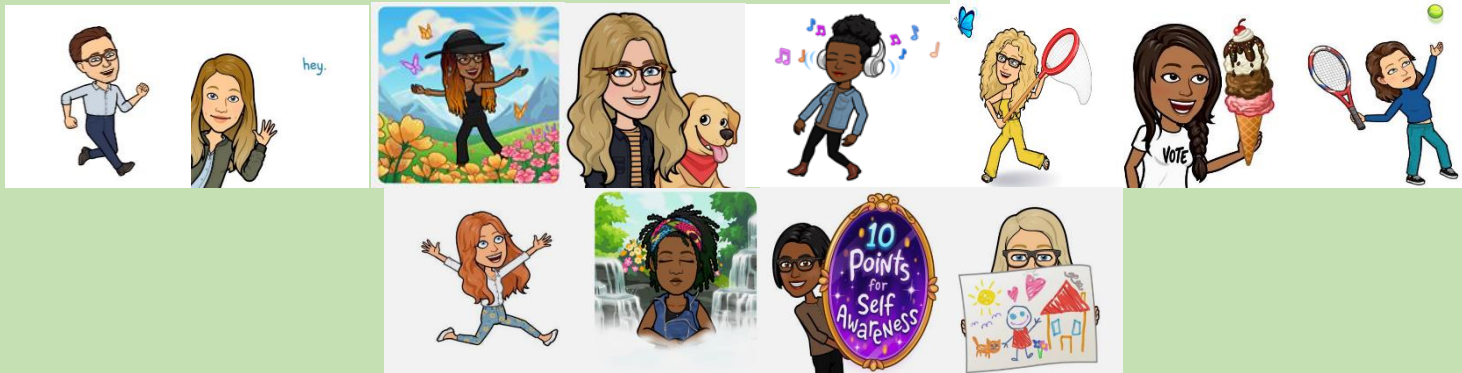


NEWSLETTER

MHST Education Wellbeing Service



BITESIZE psycho-educational workshops for parents

Wednesday 28th January

Time: 11-11:20am

Topic: How to improve sleep

Facilitators: Jess O'Kelly & Hannah Webb

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

Monday 1st February

Time: 11-11:20am

Topic: Supporting your child's wellbeing

Facilitators: Natalie Monerville & Annelies Peeters

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

Friday 19th February

Time: 11-11:20am

Topic: Looking after your wellbeing as a parent

Facilitator: ParentEngage

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

*** No need to sign up for any of our workshops, just join on your computer or mobile by clicking on the link which takes you directly to the workshop. Please ensure your camera and microphone are muted before joining the call ***

MHST Wellbeing Support Line

Telephone support service where you will be able to speak to a practitioner for wellbeing advice, support and resources. (This is not for any urgent mental health concerns)

You email us:

lewishammhst@slam.nhs.uk

We call you back!

Come and join our Virtual Coffee Morning Online every Thursday (Primary) and Friday (Secondary) @ 10am to 11am

It is a safe space for you to:

Share and/or listen to experiences

Think about challenges during this time

Question and Answer

Thursday Primary school: [Click here to join the meeting](#)

Friday Secondary School: [Click here to join the meeting](#)



