

# PARENT AND CHILD WORKSHOP



Join the MHST for an interactive, activity-based workshop!

**FREE**

**INTERACTIVE**

This workshop has been developed to support parents and children in Key-stage 1. It is an opportunity to come together to build understanding around emotions as well as learning how to use strategies to support wellbeing.



**FOR KS1  
CHILDREN**

**Location: School**

**Duration: 1 Hour**

Speak to school staff to find out the date and time of the workshop

**BOOK NOW!**

