

## Parents' Well-Being Workshop

As part of our Well-Being fortnight, Michelle Baden, a psychotherapist working with adults, is offering a workshop aimed at parents who would like to learn about how looking after their own mental health can positively impact on their children.

The topics covered during the workshop will be:

- What is good mental health?
- Common mental health issues
- What can you do to help yourself?
- Basics of self-care
- When to seek extra help
- Relaxation exercises

The workshop will take place at school on Monday 17th June, starting at 1.30pm and ending at 3pm. A crèche will be available for pre-school age children if required.

If you would like to attend, please contact the school office. Places are limited to 12.