



Strengthening
wellbeing  Together

MY MENTAL HEALTH ROCKS

We have an exciting parent workshop running on 17th and 18th May 9-11 at Beechwood Primary School. Sarah Rumfitt and Louise Siriwetchaphan are in school to work with parents.

Come and see what your children are learning about how to look after their minds and bodies.

Your children talk about their superpowers.... come and find out what they mean.

A space to explore the challenges of parenting.

