



5 Ways to Wellbeing Together

Would you like to support your
child's wellbeing?

Join us for a fun, interactive workshop where you'll
discover the **5 ways of wellbeing** to stay mentally healthy
together.

For children 4 years and older accompanied by their
parents/carers

You can also speak to an Education Mental Health
Practitioner to see if a referral directly into our service
would be helpful for you and your child.

To book please email:

risecommunityoffer@covwarkpt.nhs.uk

Or call:07917504682



**Please check that your child attends
an MHST school**

<https://cwrise.com/mhst/>





5 Ways to Wellbeing Together

Where

St. Michael's
Children &
Family Centre,
Bedworth CV12
9DA

When

Monday 4th August
& Monday 18th
August 2025

Times

10.30am – 1.30pm

Claremont
Children and
Families Centre,
Rugby CV21 3LU

Monday 4th August
& Monday 18th
August 2025

10.30am – 1.30pm

Stratford Children
and Families
Centre, Stratford
upon Avon CV37
9PB

Thursday 7th August
& Thursday 21st
August 2025

10.30am – 1.30pm

Families For All
Hub, Coventry
CV6 5LB

Monday 28th July
2025

10.30am – 1.30pm

Mosaic Family
Hub, Coventry
CV4 9PM

Friday 15th August
2025

10.30am – 1.30pm





Calm: A Worry Workshop for Families

Does your child have worries?

Explore how to manage anxiety and help cope with worries about returning to school, new starts and changes. This interactive and fun workshop is for parents/carers and children to learn and practice ways to manage anxious feelings together.

For children 4 years and older accompanied by their parents/carers

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Calm: A Worry Workshop for Families

Where

When

Times

St. Michael's
Children &
Family Centre,
Bedworth CV12
9DA

Monday 28th July &
Monday 11th August
2025

10.30am – 12.30pm

Claremont
Children and
Families Centre,
Rugby CV21 3LU

Monday 28th July &
Monday 11th August
2025

10.30am – 12.30pm

Lillington
Children and
Families Centre,
Leamington Spa
CV32 7QE

Monday 28th July &
Monday 11th August
2025

1pm – 3pm

The Moat Family
Hub, Coventry
CV2 1EQ

Monday 4th August
2025

2pm – 4pm

Families For All
Hub, Coventry
CV6 5LB

Wednesday 20th
August 2025

10.30am – 12.30pm

