

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 <a href="https://cwrise.com/mhst/">https://cwrise.com/mhst/</a>





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Where	When	Times
St. Michael's Children & Family Centre, Bedworth CV12 9DA	Monday 4 <sup>th</sup> August & Monday 18th August 2025	10.30am – 1.30pm
Claremont	Monday 4 <sup>th</sup> August	10.30am - 1.30pm
Children and Families Centre, Rugby CV21 3LU	& Monday 18th August 2025	·
Stratford Children and Families Centre, Stratford upon Avon CV37 9PB	Thursday 7 <sup>th</sup> August & Thursday 21 <sup>st</sup> August 2025	10.30am – 1.30pm
Families For All Hub, Coventry CV6 5LB	Monday 28 <sup>th</sup> July 2025	10.30am – 1.30pm
Mosaic Family Hub, Coventry CV4 9PM	Friday 15 <sup>th</sup> 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.

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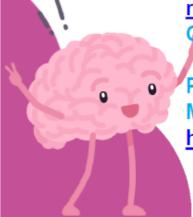
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St. Michael's Children & Family Centre, Bedworth CV12 9DA

Monday 28th July & Monday 11th August

2025

10.30am - 12.30pm

Claremont Children and Families Centre. Rugby CV21 3LU Monday 28th July & Monday 11<sup>th</sup> 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 20<sup>th</sup> August 2025

10.30am - 12.30pr