

Dear parent/carer,

You are invited to **drop-in Coffee Mornings** throughout December and January. Come along and connect with Youth Trust Wellbeing staff and other parents/carers for a hot drink and snack. Please see the agenda below

December 14th 10am-11am

Anxiety (including school related anxiety)

December 21st 10am-11am

Thriving vs Surviving Christmas Holidays

Jan 4th 10am-11am

Low Mood

Jan 11th 10am-11am

Separation and Life Changes

Jan 18th 10am-11am

Managing Emotions and Behaviour

Jan 25th 10am-11am

Self-care

Please note- this drop-in is for parents/carers of children and young people on the Youth Trust waitlist, aged 5-10.

