

PARENT/CARER COFFEE MORNING

Supporting your child with worries and anxiety

with **Compass Changing Lives - Mental Health Support Team**

Pop in for coffee/refreshments and find out about how to support your child with worries and anxiety.



Gain some practical strategies and take away techniques to support you and your child.

Taking place at:
Ravensdale Junior School

**WEDNESDAY 21ST
JANUARY 2026**
9am - 10:15am
Presentation from Changing Lives,
lasting around 45 minutes with
additional time for questions



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