

FREE WEBINARS FOR PARENTS/ CARERS

of primary aged children to support with
mental health and wellbeing

Provided by your Mental Health Support Team
@EssexMHST_and_SETcamhs

bit.ly/3MaR1wJ



Coming up in March...

Understanding and Supporting
Your Child with Fears and Worries
9th March 7 pm

Understanding ADHD
18th March 10 am

