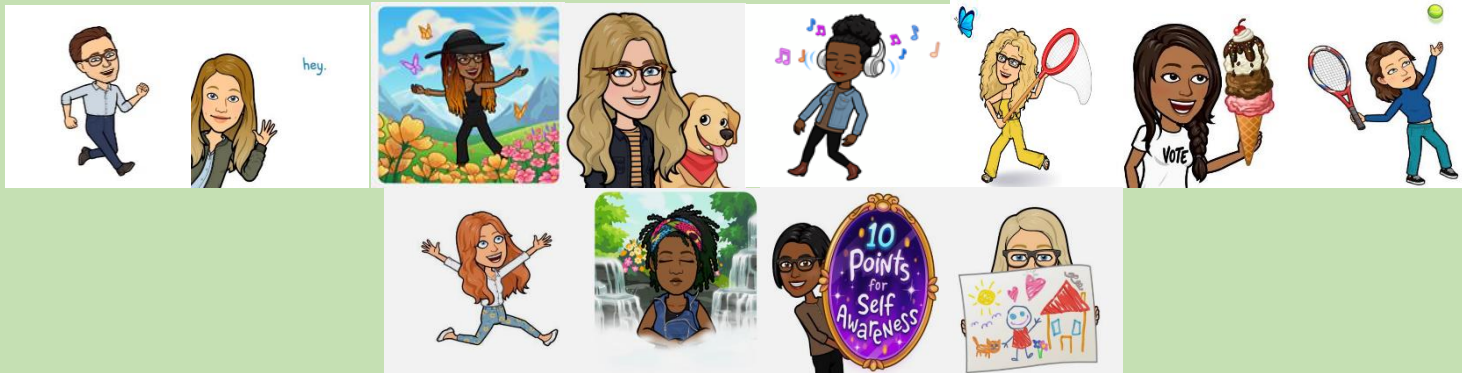


# NEWSLETTER

## MHST Education Wellbeing Service



### BITESIZE psycho-educational workshops for parents

**Wednesday 28<sup>th</sup> January**

**Time:** 11-11:20am

**Topic:** How to improve sleep

**Facilitators:** Jess O'Kelly & Hannah Webb

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

**Monday 1<sup>st</sup> February**

**Time:** 11-11:20am

**Topic:** Supporting your child's wellbeing

**Facilitators:** Natalie Monerville & Annelies Peeters

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

**Friday 19<sup>th</sup> February**

**Time:** 11-11:20am

**Topic:** Looking after your wellbeing as a parent

**Facilitator:** ParentEngage

[Click here to join the meeting](#)

[Learn More](#) | [Meeting options](#)

\*\*\* No need to sign up for any of our workshops, just join on your computer or mobile by [clicking on the link](#) which takes you directly to the workshop. Please ensure your camera and microphone are muted before joining the call \*\*\*

### MHST Wellbeing Support Line

Telephone support service where you will be able to speak to a practitioner for wellbeing advice, support and resources. (This is not for any urgent mental health concerns)

You email us:

[lewishammhst@slam.nhs.uk](mailto:lewishammhst@slam.nhs.uk)

We call you back!

Come and join our Virtual Coffee Morning Online every Thursday (Primary) and Friday (Secondary) @ 10am to 11am

It is a safe space for you to:

Share and/or listen to experiences

Think about challenges during this time

Question and Answer

**Thursday Primary school:** [Click here to join the meeting](#)

**Friday Secondary School:** [Click here to join the meeting](#)



