

Gateshead Children and Young People's Primary Care Mental Health Service

## **Transitions Drop Ins**

Is your child or someone you work with (aged 5 – 18 years) struggling with transitions? Why not drop in and meet children's therapists to discuss what you can do to support? Learn more about strategies to support with phobias.

Free resources to take home.

Venue: Dunston, Unit 2, Clockmill Rd, Dunston, Gateshead NE8 2QX Date: Tuesday 1<sup>st</sup> July Time: Professionals - 15:00 - 16:00 Parents/Carers - 16:00 - 17:00

Venue: Christ Church Felling, Gateshead NE10 0HQ Date: Wednesday 2<sup>nd</sup> July Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:00

Venue: Wrekenton Family Hub, Gateshead, NE9 7JR Date: Friday 4<sup>th</sup> July Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Metrocentre Arcade, Metrocentre, Gateshead NE11 9XY Date: Friday 4<sup>th</sup> July Time: Professionals - 12:00 - 13:00 Parents/Carers – 13:00 - 14:00

Venue: Whickham Library, 9 Front St, Whickham, NE16 4DN Date: Tuesday 8<sup>th</sup> July Time: Professionals - 15:00 - 16:00 Parents/Carers - 16:00 - 17:00

Venue: Baltic Centre for Contemporary Art, Gateshead NE8 3BA Date: Wednesday 9<sup>th</sup> May Time: Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 – 12:00



**supporting people, communities and GPs** Service provided by South Tyneside and Sunderland NHS Foundation Trust



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