

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

## 5 Ways to Wellbeing Drop Ins

Would you like to learn more about supporting your child's (aged 5 – 18 years) wellbeing? Why not drop in and meet children's therapists to discuss 5 steps you can take to improve mental health and wellbeing.

Free resources to take home.

| Venue: Blaydon Primary Care Centre,<br>Date: Thursday 3 <sup>rd</sup> October<br>Time: Professionals - 14.30 - 15.30   | · |
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| Venue: Wrekenton Hub, Wrekenton H<br>Date: Friday 4 <sup>th</sup> October<br>Time: Professionals – 9.30 - 10.30  |   |
| Venue: Christ Church Felling, Carlisle<br>Date: Wednesday 9 <sup>th</sup> October<br>Time: Professionals – 10:00 - 11.00   |   |
| Venue: Central Library, Prince Conso<br>Date: Thursday 10 <sup>th</sup> October<br>Time: Professionals – 14:30 – 15:30   |   |
| Venue: The Winlaton Centre, North S<br>Date: Thursday 10 <sup>th</sup> October<br>Time: Professionals – 9:30 – 10:30   |   |
| Venue: Whickham Library, 9 Front Street, NE16 4DN<br>Date: Monday 14 <sup>th</sup> October<br>Time: Professionals – 14:30 – 15:30 Parents/Carers – 15:30 – 16:30 |   |



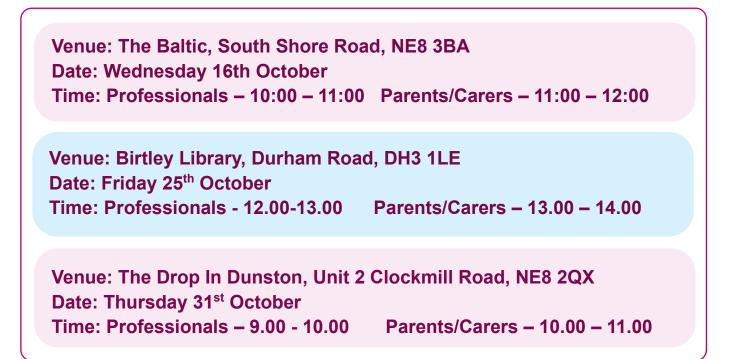


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supporting people, communities and GPs Service provided by South Tyneside and Sunderland NHS Foundation Trust