



Wellbeing Together

A workshop for parents and carers to explore how to improve their family's mental health

All parents, carers and other family members welcome.

Refreshments provided.

Arnold Mill Primary
Thursday
March 12th 2026
1.30-3.30pm

You will discover:
The Five Steps to mental wellbeing and how they help.

Practical Activities

Strategies to take home with you.



Booking Essential

Click on or scan the QR code to register



Inspire
Culture | Learning | Libraries