

# FYLDE COAST

## MENTAL HEALTH SUPPORT TEAM

### SUMMER SESSIONS

DO YOU HAVE WORRIES ABOUT A YOUNG  
PERSONS EMOTIONAL MENTAL

HEALTH & WELLBEING ?

THROUGHOUT THE SCHOOL SUMMER HOLIDAYS, THE FYLDE  
COAST MENTAL HEALTH SUPPORT TEAM WILL OFFER  
SUPPORT AND GUIDANCE. OPEN TO YOUNG PEOPLE  
AGES 11 YEARS TO 18 YEARS OLD , PARENTS & CARERS

- MINDFULNESS
- CRAFTING
- WORRY MANAGEMENT SUPPORT.
- MEET THE TEAM
- ROCK PAINTING
- SLEEP HYGEINE
- SUPPORT REGARDING LOW MOOD
- TRANSITION INFORMATION
- MANAGING CHANGE

#### TUESDAY

**26/07/2022**  
**02/08/2022**  
**09/08/2022**  
**16/08/2022**  
**23/08/2022**

**VENUE WHITEGATE**  
**DRIVE HEALTH CENTRE**  
**MEETING ROOM 2**  
**12 NOON -17.00**

#### WEDNESDAY

**27/07/2022 : STANLEY PARK**  
**(BANDSTAND)**  
**03/08/2022:ANCHORSHOLME PARK**  
**(PAVED AREA)**  
**10/08/2022: WATSON PARK (CAFE)**  
**18/08/2022: FLEETWOOD BOATING LAKE**  
**(THE CRABBING HUT)**

**ALL OUTDOOR SESSIONS ARE**  
**11.00 -2PM**

#### THURSDAY

**28/07/2022**  
**04/08/2022**  
**11/08/2022**  
**18/08/2022**  
**25/08/2022**

**VENUE WHITEGATE**  
**DRIVE HEALTH CENTRE**  
**MEETING ROOM 4**  
**12 NOON -17.00**

**For more Information Telephone: 0800 121 7762 (Option 4)**

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