

**If only life was  
a piece of cake!**



**Come to meet the team and chat  
with other parents**

## **Coffee Morning**

**Topic:** Anxiety in Children, Years 4-6

**Date:** Thursday 21<sup>st</sup> October

**Time:** After Drop Off (9am)

**Location:** Community Room

Join our free and friendly coffee morning, run by HFEH Mind, where parents can chat, share ideas and discuss the weekly topic with a mental health professional. Ask Me Keogan for more details.

### **Minds Matter: You Matter**

For better mental health visit  
[www.hfehmind.org.uk](http://www.hfehmind.org.uk)

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