



# Thursday 19th December Parent Webinar 6pm - 7pm

## Food and Mood Workshop



We would like to invite parents/carers of young people to a workshop which explores the impact of food on mood -

**The Webinar explores :**

- To provide an overview of how food and drinks affect the way we think and feel.
- To consider the benefits of eating regularly throughout the day.
- To consider why eating with others is helpful for our wellbeing.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**Meeting ID:359 486 655 120**  
**Passcode: 5PVBtQ**