



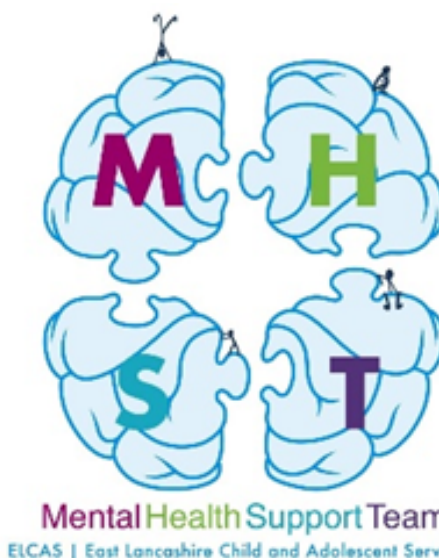
# Thursday 18th April Parent Webinar 6pm - 7pm

## 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.



Mental Health Support Team  
ELCAS | East Lancashire Child and Adolescent Services

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



**Meeting ID: 339 979 637 900**

**Passcode: Pife5H**