



Thursday 17th 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.



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



Meeting ID: 398 191 916 608

Passcode: 5vQbUd