



Willow Bank School Invites You to Our

World Mental Health Day 'Tea and Talk' Afternoon

Date: Thursday 10th October

Time: 1.00pm - 2.30pm

Location: Willow Bank School

Join us for an afternoon of relaxation and conversation. Come along to enjoy a friendly atmosphere with free coffee, tea, and cake. This is a great opportunity to connect with other parents and carers while discussing important topics related to mental health.

Session Highlights:

- Led by Miss. Duffy, School's Mental Health Lead
- Open discussions on mental health and well-being
- Strategies for supporting mental health
- Meet new friends and share experiences

Bring a Friend!

**Feel free to bring a friend along to share this
experience and join the conversation**

RSVP by 3rd October 2024

To help us prepare, please let us know if you'll be attending. You can RSVP by contacting the school office at 01744 678 745 or by emailing us at willowbank@sthelens.org.uk