

MAKE IT HAPPEN PSYCHOEDUCATIONAL WORKSHOP TUESDAY, 7TH OCT- 11TH NOV

Discover practical ways to support your own and your child's mental health.

01.
7th Oct, 2025
Mental Health Awareness. Better understand emotional wellbeing

02.

14th Oct
Self-care & relaxation strategies
simple, practical techniques to manage stress

03.

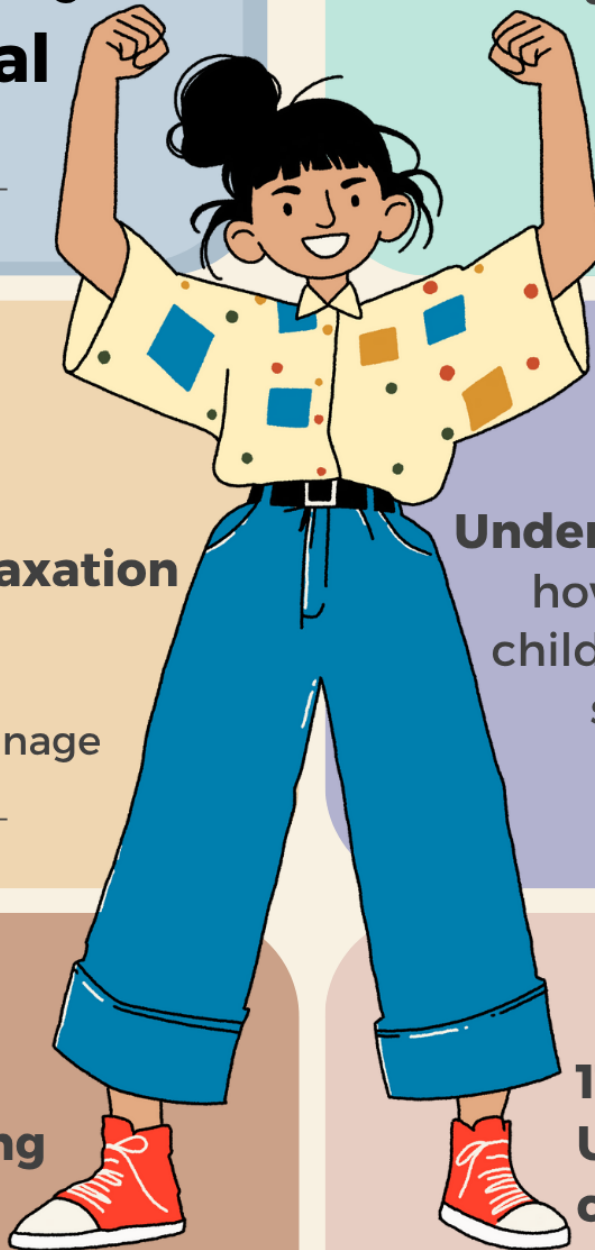
21st Oct
Understanding anxiety
how it shows up in children and adults, & strategies to help reduce it

04.

4th Nov,
Understanding low mood

05.

11th Nov,
Understanding child's behaviour



email: chair@wppg.org.uk , for any questions
Venue: Bessborough Family Hub, SW1V 2JD