

# COFFEE MORNING



EMOTIONAL WELLBEING TEAM KENT  
EMOTIONAL SUPPORT TEAM MEDWAY

**9AM- 10AM**

**9TH SEPTEMBER 2024**

Your school's Emotional Wellbeing Team, would like to invite you to  
our parent coffee morning focusing on Anxiety.

Please come along for an informal chat over tea and biscuits!

The Emotional Wellbeing Team is specially trained to help children with their wellbeing and mental health by working with parents. We understand that from time to time children need additional support so we're here to help. We believe that getting early help can prevent difficulties from getting bigger so that children can enjoy their life.

The Emotional Wellbeing Team also work within the school to support with their Whole School Approach to wellbeing and mental health.

We look forward to meeting you.



[www.nelft.nhs.uk](http://www.nelft.nhs.uk)



NHS Foundation Trust