

The Mental Health in Schools Team present:

Worried about moving up to secondary school?

Transitions workshop

Starting secondary school is a big change for both children and families. This workshop brings children and parents/carers together to understand common worries and learn simple, practical strategies to manage them. It will help you feel more prepared, confident, and able to support your child through the transition.

We are hosting several 'transitions' focused workshops over the summer holidays for **parents/carers and their year 6, going into year 7** child(ren). These are activity based and expected to last 1 hour – 90 minutes. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

Lillington Children Family Centre

3 Mason Avenue, CV32 7QE
Monday 17th August - 12:30pm

Stratford Childrens Family Centre

Drayton Avenue, CV37 9PB
Thursday 6th August - 1:00pm
Monday 24th August – 1:00pm

Orchard House Family Room 1

83 Radford Road , CV31 1JQ
Thursday 13th August - 9:30am

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk



The Mental Health in Schools Team presents:

Calm: a worry workshop for families

We are hosting several '**worry**' focused workshops over the summer holidays for parents/carers to attend **with** their child(ren). These are activity based and expected **to last between 90 mins to two hours**. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

This workshop will help you and your child understand what worries and anxiety are, and how they show up in thoughts, feelings and the body. We will explore a range of practical tools you can try together, such as breathing, grounding and helpful thinking. The session is interactive, with opportunities to take part in ways that feel comfortable for you.

Lillington Children Family Centre

3 Mason Avenue, CV32 7QE

Friday 7th August – 9:30am

Friday 28th August – 9:30am

Stratford Childrens Family Centre

Drayton Avenue, CV37 9PB

Monday 10th August –

1:00pm

Stratford Childrens Family Centre

Drayton Avenue, CV37 9PB

Thursday 20th August –

1:00pm

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk



The Mental Health in Schools Team presents:

Five ways to wellbeing

Join our fun and interactive Five Ways to Wellbeing workshops designed for children and parents to explore simple activities that support positive mental health. Through games, movement, and creative tasks, families will learn practical ways to connect, stay active, build confidence, and manage emotions together. Our sessions are inclusive, flexible, and supportive—ensuring every child can take part in a way that feels comfortable for them

We are hosting several workshops over the summer holidays for parents/carers to attend **with** their child(ren). These are activity based **we expect to last approx. 2 -3 hours**. Please note, simple refreshments are provided but please bring drinks/snacks as required – there will be breaks!

Orchard House Family Room 1

83 Radford Road, CV31 1JQ

Monday 3rd August – 10:30am

Tuesday 18th August – 9:30am

Thursday 27th August - 9:30am

Stratford Health Care Centre Arden Street

Stratford-Upon-Avon CV37 6NQ

Wednesday 12th August - 10:00am

If you would like to register for one of these dates, please scan the QR code which will provide you with an email to send to our team. Or email mhst@covwarkpt.nhs.uk

