

# WAMHS

Wellbeing and Mental Health in  
Schools

## Parent Workshops

From January

Every Wednesday from 2.30pm, our EMHP will deliver a targeted session to support families with topics such as behaviour, wellbeing and anxiety

### Our First Session:

Wednesday 7<sup>th</sup> January

2.45pm - 3.30pm

meet at: main office

Welcome and

Introduction to WAMHS.

Meet our EMHP

Education Mental Health

Practitioner



Grazebrook Primary School