

Coffee Morning and Mental Health Workshops 2023

(mobile -friendly)



Our workshops draw on Cognitive Behavioural Therapy for supporting your children and you as parents to transition to secondary school with as much confidence as possible.

The series will cover:

- identifying and naming common worries;
- talking about worries and difficult feelings;
- managing difficult feelings and worries;
- developing confidence in the run up to starting secondary school.

Each session will involve quizzes and games, to make it as creative and engaging as possible!

These workshops can be accessed by all parents/carers/children who attend a Merton Primary School and/or are going to be attending a Merton Secondary School. You can choose which sessions they want to join either online and/or face-to-face Worry Ninja + sessions

Sessions are available on:

Tuesday 23rd May at 7.30pm
Thursday 25th May at 12pm
Thursday 8th June at 10am

Please follow this link to book your space:

[Eventbrite- NHS Worry Ninja](#)