

THE MENTAL HEALTH SUPPORT TEAM

SUMMER WORKSHOPS

Managing my Emotions and Anger

10:30am-12:00pm on 27th July at Kingsthorpe Family Hub
1:00-2:30pm on 14th August at Sudborough House, Kettering

Managing my Low Mood

1:00-2:30pm on 27th July at Rectory Road Clinic, Rushden
11:00am-12:30pm on 7th August at Danetre Hospital, Daventry

Mindfulness and Relaxation

11:00am-12:30pm on 13th August at Danetre Hospital, Daventry
10:30am-12pm on 27th August at Rectory Road Clinic, Rushden

Managing my Anxiety

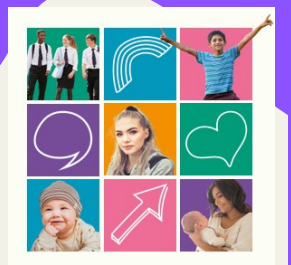
11:00am-12:30pm on 17th August at Danetre Hospital, Daventry
10:30am -12pm on 19th August at Sudborough House, Kettering

Managing Sleep Difficulties

10:30am-12pm on 19th August at Brackley Medical Centre
10:30am-12pm on 25th August at Isebrook Hospital, Wellingborough



FOR ANY QUESTIONS,
PLEASE CONTACT
CYP.MHST@NHFT.NHS.UK



SUITABLE
FOR AGES
13-17

SIGN UP HERE!

