

MENTAL HEALTH SUPPORT

DROP-IN SESSION

Christmas isn't always a fun time for young people! Changes to their routine and over-excitement can cause anxiety, low mood and emotional meltdowns.

Whilst these are very common, it isn't always easy to know the best ways to support young people with emotional regulation to help them overcome these issues.

Mental Health Support Team Tamworth will be offering free advice and guidance to anyone who would like support relating to this.

THURSDAY 12TH DECEMBER

10AM TO 1PM

The Saxon Suite, Tamworth Assembly Rooms

Pop in, chat with the team and enjoy a free tea or coffee.



ACTIVE TAMWORTH