



## **14TH JANUARY 2020**

# **EMOTIONAL WELLBEING & EDUCATION DROP IN**

Is your child feeling anxious?  
Does your child have low self-esteem?  
Do you know what services are available?  
Do you know how to speak to your child about how they're feeling?  
Does your child have low school attendance?

Information, support and guidance from:  
CBC Mental Health & Emotional Wellbeing Practitioner  
CAMHS  
School Nurse  
Health Visitors  
CHUMS  
Recovery College  
MIND



For more information please contact Natalie Good  
[Natalie.Good@centralbedfordshire.gov.uk](mailto:Natalie.Good@centralbedfordshire.gov.uk)

**Emotional  
Wellbeing &  
Education Drop in**

**Find ways to support  
the children and  
young people in your  
life**

**Free to attend**

**Professionals**

**4 – 5 pm**

**Parents & Young  
People**

**5.15 – 6.30pm**

**Flitwick Children's  
Centre  
Malham Ct,  
Flitwick, Bedford  
MK45 1PU**