

Are you stressed about returning to school after Summer?

Join our online workshop to discuss anxiety behind school avoidance and ways to manage your worries and emotions.



Sign up to one of the time slots using the QR code or by clicking [here](#).

Wed 6th August 2-3pm
OR
Wed 13th August 2-3pm
OR
Wed 20th August 2-3pm

You are welcome to keep your camera off if you'd like to keep anonymous.

Minds Matter: You Matter

For better mental health visit
www.hfehmind.org.uk
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North West London
Clinical Commissioning Group



Hammersmith,
Fulham, Ealing
and Hounslow