

City & Hackney
Mental Health Support Team

ONLINE SUMMER WORKSHOPS

To include:

- Having conversations with your child about Black Lives Matter and racism
- Managing your child's worries Helping your child bounce back after lockdown
- Sleep Workshop - tips for getting into good sleep routines and habits
- Managing low mood - bouncing back after lockdown

EMAIL

**ELFT.MHST.REFERRALS@NHS.NET
TO JOIN MAILING LIST**

More info

<https://cityandhackneycamhs.org.uk/events/>



Alliance

East London



NHS Foundation Trust