

## CHILDREN'S MENTAL HEALTH WEEK (7-13 FEBRUARY 2022)

### GROWING TOGETHER

Growing Together is about growing emotionally and finding ways to help each other grow.  
For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.



WHY NOT ATTEND ONE OF OUR STALLS WHERE YOU CAN COME AND CHAT TO THE MINDMATE SUPPORT TEAM FOR MORE INFORMATION ON OUR SERVICE

*Location*

Upper common room

*Date*

Tuesday 8th February

*Time*

11am - 1pm