

Manor Green School and the Mental Health Support Team
warmly invite you to join our fourth Family Café

Topic for this session: Depression and some of its possible causes, introduction to the vicious cycle downwards and some strategies that can help people to reclaim their lives.



When: Tuesday 14th March from 9.30 to 11am.

What: Family Café is a discussion group being run by **Katherine Radcliffe (MHST)** for parents/carers to exchange ideas around emotional wellbeing. Each café has a theme.

Where: White Waltham Airfield, White Waltham, SL6 3NJ (refreshments provided)

Any questions? Email katherine.radcliffe@berkshire.nhs.uk or contact Sharon Carrigan.

