

Manor Green School and the Mental Health Support Team

warmly invite you to join the next **Family Café** on:

**Stress, Anxiety and Frustration: in our children  
and in ourselves**

**On Tuesday 22<sup>nd</sup> November 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](mailto:katherine.radcliffe@berkshire.nhs.uk) or contact Sharon Carrigan.

