

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

What: topic for this session

Emotional regulation – what helps?

When: Tuesday 16th May from 9.30 to 11am.

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



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

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

