

Manor Green School and the Mental Health Support Team
warmly invite you to join the first **Family Café** on:

**Self-Care – how can we take care of ourselves
so we can be there for others.**

On Tuesday 27th September 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.

