

The Children and Adolescent Mental Health Service
The Elms Health Centre
Slade Road
Halesowen, West Midlands
B63 2UR

Dear Parents/Carers,

We would like to invite you to a series of workshops which the Reflexions team have on offer. The Reflexions team offer Low intensity cognitive behavioural therapy, to support children and young people who have anxiety, worries or low mood and are based across many schools within Dudley.

These workshops will look at common mental health problems and how best to support your child/children should they experience any mental health problems. There will be one workshop per term, where we will explore topics such awareness of mental health, low mood, anxiety.

You may wish to attend all of the workshops or choose the workshop you would prefer to attend. The workshops will run in school between 09.00-10.00am on the following dates-

Mental health awareness workshop- Wednesday 16th November 2022.

Anxiety Awareness workshop – Wednesday 18th January 2023

Low mood awareness workshop- Wednesday 3rd May 2023.

If this is something you would like to attend, please register your interest with Mrs Potts.

We hope to see you there.

Yours Sincerely,
Donna Boulton
Education Mental Health Practitioner
Dudley Reflexions Team
Black Country Healthcare NHS Foundation Trust

