

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

Monday 24<sup>th</sup> May

Dear Parents/Carers,

**Reminder**

We would like to invite you to our third workshop of the academic year 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 have looked at common mental health problems and how best to support your child/children should they experience any mental health problems. There has been one workshop per term, where topics have been explored such as awareness of mental health, low mood, anxiety. The Autumn Term workshop was held on Wednesday 16<sup>th</sup> November 2022 - **Mental health awareness workshop** and the Spring Term workshop was held on Wednesday 18<sup>th</sup> January - **Anxiety Awareness workshop**

The next workshop will be:

**Low mood awareness workshop- Wednesday 3<sup>rd</sup> May 2023.**

If this is something you would like to attend, please register your interest with the school office.

We hope to see you there.

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

