



Mental Health coffee mornings in READING SCHOOLS 2024

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term.

These informal coffee mornings are run by Amanda Mavunga, Reading MHST CAMHS Senior Clinician at BfFC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school.



YOU MAY ATTEND ANY OF THESE SESSIONS AT ANY SCHOOL

DATE/TIME	SUBJECT	SCHOOL
9 Jan, 9.15-11.15am	Challenging behaviour	St. Michael's Primary School
18 Jan, 1-3pm	Supporting your child with autism	English Martyrs Catholic Primary School
19 Jan, 9.15-11.15am	ADHD	Whitley Park Primary and Nursery School
29 Jan, 9.15-11.15am	Challenging behaviour	Oxford Road Community School
31 Jan, 9.15-11.15am	OCD	Churchend Primary Academy
22 Feb, 9.15-11.15am	Mental health and minority ethnic identity	St. Michael's Primary School
29 Feb, 1-3pm	Impact of social media on mental health	English Martyrs Catholic Primary School
1 March, 9.15-11.15am	Low self-esteem: Building resilience to improve mental health	Whitley Park Primary and Nursery School
18 March, 1-3pm	Support with growing up, mood and hormonal changes	English Martyrs Catholic Primary School
26 March, 9.15-11.15am	ADHD	Churchend Primary Academy
19 April, 9.15-11.15am	Anxiety	St. Michael's Primary School
26 April, 9.15-11.15am	Challenging behaviour	Whitley Park Primary and Nursery School
20 May, 9.15-11.15am	Autism	Churchend Primary Academy
4 June, 9.15-11.15am	Autism	St. Michael's Primary School
14 June, 9.15-11.15am	Emotional wellbeing Q&A	Whitley Park Primary and Nursery School
8 July, 9.15-11.15am	ADHD	St. Michael's Primary School
12 July, 9.15-11.15am	Anxiety or Q&A	Churchend Primary Academy

SUMMER HOLIDAYS