



# SPRING YOUR WORRIES AWAY

Join us for a spring-themed worry management workshop where children will learn effective strategies to manage their worries. Through fun, seasonal activities, they'll discover techniques to help them feel calm, confident, and in control, all while enjoying the joys of spring and boosting their mental wellbeing.

Wednesday 16th April  
1:00pm - 3:00pm  
DY1 Building, Stafford Street, Dudley,  
DY1 1RT

Tuesday 22nd April  
1:00PM - 3:00PM  
St Thomas' Church Hall, Market St  
DY8 1AQ



To book onto a workshop, please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net)

Please note, this is a one-off workshop and not a holiday club; participants can only attend this specific workshop once. However, you are welcome to join other Reflexions workshops on different topics in the future.