



SPRING Black Country Healthce NHS Foundation TO NHS FOUNDATION NHS FOU

Join our spring-themed workshop where primary-aged children will explore the 5 Ways to Wellbeing! Through engaging activities, they will discover how to Connect, Be Active, Take Notice, Keep Learning, and Give, all while enjoying the joys of spring and boosting their mental wellbeing.

GIVE

tuesday 15th April 1:00pm - 3:00pm DYI Building, Stafford Street, Dudley, DYI IRT



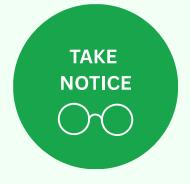
BE ACTIVE



thursday 17th April 10:00AM - 12:00PM Jubilee Hall, Ladies Walk, Sedgley, Dudley, DY3 3UA



Wednesday 23rd April 10:00AM - 12:00PM St thomas' Church Hall, Market St DY8 1AQ



To book onto a workshop, please email 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.