

Mental Health Improvement: A Practical Approach

Auchenharvie Cluster

Parents and carers are invited to join our online sessions to explore activities and approaches to promote good mental wellbeing at home. Sessions have been created by NHS public health.



The session will be delivered online over two weeks. Details to log in will be sent nearer the time.

29th September - 9.45am

6th October - 9.45am

For any more information on this programme contact
familylearningteam@north-ayrshire.gov.uk
or visit <https://nacfamilylearningteam.weebly.com>

To sign up please visit

<https://bit.ly/2ZCSIYy>