



5 Ways to Wellbeing Together

Would you like to support your
child's wellbeing?

Join us for a fun, interactive workshop where you'll
discover the **5 ways of wellbeing** to stay mentally healthy
together.

For children 4 years and older accompanied by their
parents/carers

You can also speak to an Education Mental Health
Practitioner to see if a referral directly into our service
would be helpful for you and your child.

To book please email:

risecommunityoffer@covwarkpt.nhs.uk

Or call: 07917504682

**Please check that your child attends
an MHST school**

<https://cwrise.com/mhst/>





5 Ways to Wellbeing Together

Where

St. Michael's
Children &
Family Centre,
Bedworth CV12
9DA

When

Monday 4th August
& Monday 18th
August 2025

Times

10.30am – 1.30pm

Claremont
Children and
Families Centre,
Rugby CV21 3LU

Monday 4th August
& Monday 18th
August 2025

10.30am – 1.30pm

Stratford Children
and Families
Centre, Stratford
upon Avon CV37
9PB

Thursday 7th August
& Thursday 21st
August 2025

10.30am – 1.30pm

Families For All
Hub, Coventry
CV6 5LB

Monday 28th July
2025

10.30am – 1.30pm

Mosaic Family
Hub, Coventry
CV4 9PM

Friday 15th August
2025

10.30am – 1.30pm

