

# Thrive Workshop

Mental Health Support Team, Wirral  
CAMHS

- Does your child struggle with anxiety or low mood?
- Do you want to help them build resilience?



Mental Health Support Team in schools (Wirral CAMHS) are providing workshops to give parents a general overview about mental health in children and some guidance about how to help their child build resilience.

The workshops are delivered face to face and are 1 hour long

**If you would like to attend or have any questions about the workshop, please email Mrs Rodgers at**

**[sendco@oxtonstsaviours.wirral.sch.uk](mailto:sendco@oxtonstsaviours.wirral.sch.uk)**



**Mental Health Support  
Team @ Oxton St  
Saviour's Primary  
School on Friday 12th  
May 2023 at 2:15**

Helping people to be  
**the best they can be**