



# Mental Health coffee mornings in READING SCHOOLS

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term.

These informal coffee mornings are run by **Amanda Mavunga**, Reading MHST CAMHS Senior Clinician at BfFC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school.



## YOU MAY ATTEND ANY OF THESE SESSIONS AT ANY SCHOOL SUMMER TERM

DATE/TIME	SUBJECT	SCHOOL
8 May 2025, 1-3pm	Managing behaviour	Park Lane Primary School
12 May 2025, 9.15-11.15am	Autism and anxiety	Whitley Park Primary and Nursery School
<b>Half term</b>		
16 June 2025, 1-3pm	Self harm	Whitley Park Primary and Nursery School
19 June 2025, 1-3pm	Phobias	Caversham Park Primary School
26 June 2025, 9.15-11.15am	Transition	Park Lane Primary School
4 July 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes	Churchend Primary Academy
9 July 2025, 1-3pm	Transition	Caversham Park Primary School
14 July 2025, 1-3pm	Support with growing up, mood and hormone changes	Park Lane Primary School

## Summer holidays