

## Five ways to well-being drop in session

We are hosting a 1.5 hour drop-in workshop for parents/carers and children of primary and secondary school age to help support and improve well-being.



We will look at each of the five ways to well-being, participate in activities and support you with being able to implement these into your life to boost your wellbeing.

**We are hosting 2 separate sessions in the Kepier Academy Community Room; you do not need to attend both.**

To find out the dates and times of events in other areas of Sunderland please use this QR code.



Date: 4<sup>th</sup> August  
Time: 10am-12pm

Venue info – Please park in the Kepier Academy car park and enter through the community entrance.

Date: 28<sup>th</sup> August  
Time: 13:00pm – 15:00pm

Venue info – Please park in the Kepier Academy car park and enter through the community entrance.



## Anxious school returns drop-in session Primary school

We are hosting a 1.5 hour drop in workshop for parents/carers and children of primary school age to help support and improve well-being.

Your children/young people are welcome to come along if they wish, however, this is not needed.



**We are hosting 2 separate sessions in the Keplier Academy Community Room; you do not need to attend both.**

To find out the dates and times of events in other areas of Sunderland please use this QR code.



Date: 21<sup>st</sup> August  
Time: 13:00pm – 15:00pm  
Venue info – Please park in the Kepler Academy car park and enter through the community entrance.

Date: 1<sup>st</sup> September  
Time: 10:00am – 12:00pm  
Venue info – Please Park in the Keplier Academy car park and enter through the community entrance.



## Anxious school returns drop in session Secondary school

We are hosting a 1.5 hour drop in workshop for parents/carers and children of secondary school age to help support and improve well-being.

Your children/young people are welcome to come along if they wish, however, this is not needed.



**We are hosting 2 separate sessions in the Kepier Academy Community Room; you do not need to attend both.**

To find out the dates and times of events in other areas of Sunderland please use this QR code.



Date: 18<sup>th</sup> August  
Time: 10am – 12:00pm  
Venue info – Please park in the Kepier Academy car park and enter through the community entrance.

Date: 2<sup>nd</sup> September  
Time: 13:00-15:00pm  
Venue info – Please park in the Kepier Academy car park and enter through the community entrance.

