

# My Voice Matters!

## Children's Mental Health Awareness Week

*Horsley Hill Family Hub working in partnership with Seaview Primary School and Bamburgh School*

Fun mindfulness demonstrations including yoga, holistic arts therapy, crafts, freebies **AND MORE.**

### What will there be?

Join us and a selection of wellness and wellbeing providers to explore the services that are available to support parents and children's mental health.

**Location:** Horsley Hill Family Hub

**Date:** Wednesday 7th February

**Time:** 3:30-5:00pm

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

5-11  
FEB  
2024

FOR *every* FAMILY  
SOUTH TYNESIDE FAMILY HUBS



South Tyneside Council

Spread the word!

THIS IS  
SOUTH  
TYNESIDE