

SUPPORTING YOUNG PEOPLE'S
MENTAL HEALTH
 AT **TAVISTOCK**
COLLEGE

IN PARTNERSHIP WITH



All our workshops are free and are open to members of our community, families from other schools and anyone who may be interested in working with likeminded professionals.

Details of our first round of workshops can be found below. To book onto any of our courses please follow the link www.ticketsource.co.uk/tavistock-college24

Date	Event
Wed 25 Sep 2024 5:30pm-6:30pm	Normal Magic mentally healthy living, loving and learning: part 1
Wed 20 Oct 2024 5:30pm-6:30pm	Normal Magic mentally healthy living, loving and learning: part 2
Wed 13 Nov 2024 5:30pm-6:30pm	Stabilising and Recovering from Anxious Times
Wed 20 Nov 2024 5:30pm-6:30pm	Supporting my young person through exams
Wed 27 Nov 2024 5:30pm-6:30pm	Navigating Friendships