



Family Learning in Dudley Borough

# Mental Health First Aid

Friday 1<sup>st</sup> April 1.00 p.m. - 3.00 p.m.

Here.... at The Ridge Primary School



Recent years have seen a steady increase in mental health concerns across people of all ages. Come along to this informal two hour session to explore:

- The benefits of self-care
- Techniques to recognise and reduce stress
- Ways to initiate conversations about mental health with family and friends

The approaches discussed are suitable for use with children, as well as adults.

**Please contact the school office to find out more and reserve a place.**

**learn**  
Adult and Community Learning

