



24th January 2023

Children's Mental Health Week-6th to 12th February 2023

Dear Parent/Carer

Children's Mental Health Week is 6th -12th February and during this week Beacon Counselling are organising a range of workshops for young people linked to the 5 ways of wellbeing.

On Monday, Tuesday and Thursday these will be virtual workshops from 4.30PM - 6PM, and on Wednesday there will be an in-person event at Marple High School to which all young people are invited to attend, as well as their parents/carers.

Please see attached flier for further information [cmhw 2023.pdf](#)

There is a link to an online form to register interest <https://forms.office.com/e/KjukRcb3Gb>

The workshops are open to children of all ages but under 11's must be accompanied by a parent/carer.

Yours sincerely

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