



# Medway South Primary Care Network

Stonecross & West Drive Surgery, King George Road Surgery, Reach Healthcare, Churchill Clinic and Matrix Medical Practice

## Wellbeing Workshops

Free wellbeing workshops to understand mental health and explore self help strategies.

Primary and Secondary age group workshops available to Medway South patients.

**6 sessions throughout Summer 2023**

Primary - 9.30am - 11am

Secondary - 11:00 - 12:30pm

We invite children of the Medway South Primary Care Network to join us for a summer of wellbeing workshops! We are offering a series of standalone workshops to support children and young people with every day challenges.

Workshops include topics such as:

- understanding mental health / anxiety and self-help strategies
- friendships and bullying
- self-esteem and resilience

Each workshop is limited to a maximum of 12 per group, groups are separated by primary (ages 8-11) and secondary (ages 12-16), however registration is open to children in any education setting including home school.

At the moment bookings are by invitation only. If interested, please contact your GP Surgery for a referral.