



Join us for...

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

# 5 WAYS TO WELLBEING WORKSHOP

Discover the 5 Ways to Wellbeing through fun,  
hands-on activities that help children feel happier  
and more confident!

KS1 &  
KS2

Thursday 23<sup>rd</sup> July | 10am - 12pm  
Tuesday 4<sup>th</sup> August | 10am - 12pm

STOURBRIDGE FAMILY CENTRE  
5 FORGE RD, STOURBRIDGE DY8 1XF



For additional information or brief sign up form to  
register your attendance, please email  
[bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net)