



SEND

MENTAL HEALTH FOCUS DAY

for Bexley Voice Parent/Carer Members

TUESDAY 12TH OCTOBER 2021

9:15AM-3PM

(Registration from 9:15am - 10am. Come to all or part of the day.)

**Holiday Inn Bexley,
Black Prince Interchange, Southwold Rd, DA5 1ND**

If you wish to join us for this **FREE** event:

- Look on the website for more details of the sessions
- Choose 1 or 2 sessions
- Request your place by completing the on-line booking form
- Ask any questions before the event in the space provided on the form

MORNING SESSIONS

Session 1
10:15-11:45

Understanding the range of mental health support for your child in Bexley.

OR

Session 2
10:15-11:45

How about you?
Looking after your own mental health.

AFTERNOON SESSIONS

Session 3
(Repeat of session 1)
12:30pm-2pm

Understanding the range of mental health support for your child in Bexley.

OR

Session 4
12:30pm-2pm

Practical support & strategies to support your child's mental health.

2pm-3pm an opportunity to speak to professionals.

TO REQUEST A PLACE ON THE MENTAL HEALTH FOCUS DAY GO TO:
[HTTPS://WWW.BEXLEYVOICE.ORG.UK/MENTAL-HEALTH-FOCUS-DAY.HTML](https://www.bexleyvoice.org.uk/mental-health-focus-day.html)