

# Buckinghamshire Mind

## Peer Support in Schools Service

### Parent Coffee Morning



As part of the Peer Support service established by Buckinghamshire Mind in your child's school, we are facilitating a one-off parent coffee morning. This informal discussion-based session will give you:

- Signposting to useful organisations
- Safe space to ask questions
- Build support networks with the school and other parents/families
- Start the conversation around mental health
- Opportunity to learn about the Peer Support service and other services provided by Buckinghamshire Mind

The session will last **one hour** .

**Date: 3<sup>rd</sup> March 2020**

**Time: 09:30 – 10:30**

**Location: Sir Thomas Fremantle School**

If you are interested in attending and to help us in planning numbers, please contact:

Julie Smith – Specialist Support Assistant (Medical & Well-being):

01296 711853 or [julie.smith@sirthomasfremantle.org](mailto:julie.smith@sirthomasfremantle.org)

**We look forward to welcoming you!**

