



# Mental Health coffee mornings in READING SCHOOLS 2024/25

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term.

These informal coffee mornings are run by Amanda Mavunga, Reading MHST CAMHS Senior Clinician at BFfC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school. Places are on a first come, first served basis.



## YOU MAY ATTEND ANY OF THESE SESSIONS AT ANY SCHOOL SPRING TERM

DATE/TIME	SUBJECT	SCHOOL
13 Jan 2025, 9.15-11.15am	ADHD	Whitley Park Primary and Nursery School
17 Jan 2025, 9.15-11.15am	Managing behaviour (limited to 20 spaces)	E P Collier Primary School (no parking)
22 Jan 2025, 1-3pm	Anxiety	Churchend Primary Academy
30 Jan 2025, 1-3pm	Self-harm and suicidality (limited to 15 spaces)	Geoffrey Field Junior School
3 Feb 2025, 9.15-11.15am	Low mood and depression	St Anne's Catholic Primary School
7 Feb 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes (limited to 20 spaces)	Wilson Primary School
12 Feb 2025, 1-3pm	Anxiety	The Heights Primary School
24 Feb 2025, 1-3pm	Sleep	Whitley Park Primary and Nursery School
6 March 2025, 9.15-11.15am	Autism and anxiety (limited to 15 spaces)	Oxford Road Community School
12 March 2025, 1-3pm	Body image and eating disorders	New Town Primary School
17 March 2025, 1-3pm	Anxiety (limited to 20 spaces)	Wilson Primary School
28 March 2025, 9.15-11.15am	Low mood and depression	Churchend Primary Academy
2 April 2025, 1-3pm	The impact of social media on mental health	Caversham Park Primary School
4 April 2025, 9.15-11.15am	Managing behaviour (limited to 15 spaces)	Geoffrey Field Junior School