



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
AUTUMN TERM**

DATE/TIME	SUBJECT	SCHOOL
11 Sept 2024, 1-3pm	Anxiety	Redlands Primary School
13 Sept 2024, 9.15-11.15am	Low mood and depression	Park Lane Primary School
16 Sept 2024, 1-3pm	Managing behaviour	Whitley Park Primary and Nursery School
27 Sept 2024, 9.15-11.15am	Sleep (limited to six spaces)	Thameside Primary School
3 Oct 2024, 9.15-11.15am	ADHD (limited to 20 spaces)	Wilson Primary School
7 Oct 2024, 1-3pm	Bullying and mental health (limited to 15 spaces)	Geoffrey Field Junior School
11 Oct 2024, 9.15-11.15am	Body image and eating disorders	Churchend Primary Academy
16 Oct 2024, 1-3pm	Autism and anxiety	Emmer Green Primary School
8 Nov 2024, 9.15-11.15am	ADHD	St Anne's Catholic Primary School
11 Nov 2024, 1-3pm	Anxiety	Whitley Park Primary and Nursery School
21 Nov 2024, 1-3pm	Understanding Berkshire CAMHS and neurodiversity service processes	The Heights Primary School
25 Nov 2024, 9.15-11.15am	Managing behaviour	Park Lane Primary School
6 Dec 2024, 9.15-11.15am	Low mood and depression (limited to 15 spaces)	Geoffrey Field Junior School
9 Dec 2024, 1-3pm	Anxiety	St Anne's Catholic Primary School
11 Dec 2024, 1-3pm	Sleep	St Mary & All Saints CofE Primary
16 Dec 2024, 9.15-10.45am	Anxiety and autism	Reading Girls' School