

CHILDREN'S MENTAL HEALTH WEEK

5-11TH FEB 2024

WITH

ALLERGY & ASTHMA PARENTS

LET'S TALK
ABOUT
MENTAL
HEALTH

JOIN US FOR CHILD CENTRED
ACTIVITIES INCLUDING YOGA,
MINDFUL COLOURING AND PAINTING,
OUR CALM TENT AND MUTI-SENSORY
RESOURCES
ACTIVITIES FOR ALL AGES

for more information find us on
instagram and Facebook
@stockportallergyasthma
or text Kate on 07581368275



ALLERGY & ASTHMA PARENTS

Where Free From Families Come Together

WHILST THE CHILDREN
ENJOY OUR FUN ACTIVITIES,
ADULTS CAN CHAT AND
ACCESS OUR FREE FROM
LIBRARY, INFORMATION
RESOURCES AND HOT
DRINKS WITH PLANT BASED
MILKS.

SATURDAY 10TH FEBRUARY
1PM-3PM
DROP IN AND GO ANY TIME
BRAMHALL LIBRARY
COMMUNITY ROOM

