



Join us for...

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

# 5 WAYS TO WELLBEING WORKSHOP

Discover the 5 Ways to Wellbeing through fun, hands-on activities that help children feel happier and more confident!

Tuesday 7<sup>th</sup> April  
10:00am-12:00pm

Stourbridge Family Hub Forge  
Rd, Stourbridge, DY8 1XF

KS1 &  
KS2



For additional information or brief sign up form to register your attendance, please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net)