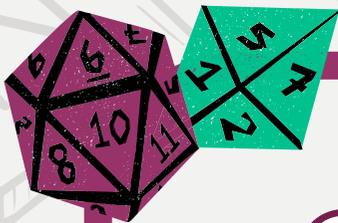


Join us for...

GAME & CHILL

Join the Reflexions team for a fun day where children, young people and families can enjoy their favourite board games together – a chance to make friends, connect and share laughs in a relaxed, supportive space.

Parents to accompany children under 13 years old



Wednesday 8th April



11:00am - 2:00pm

📍 The Link Academy Leisure
Centre, Simms Lane, Dudley,
DY2 0PB



BOOKMARK COMPETITION

We're on the hunt for the **MOST** creative bookmark design inspired by mental health and wellbeing – and we want your imagination to shine!

Your bookmark could:

Share a positive message Show ways to look after your mental health
Represent calm, strength or self-care

Prize Alert! – The chosen design will win a bundle of books and their printed bookmark!

For additional information or brief sign up form to register your attendance, please email bchft.reflexions@nhs.net or feel free to pop in!