



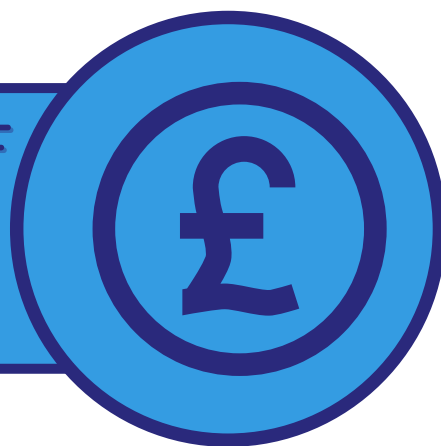
The Wellbeing Hub

WEBINAR PROGRAMME

The Wellbeing Hub offers a proactive approach to children and young people's mental health & wellbeing. Take some time to learn about the issues our young people are facing - book your place on our webinars today.

JOIN US

FREE FOR MEMBERS OF THE WELLBEING HUB; £7.99 FOR GUESTS



LIVE WEBINAR



CHANGING THE STORIES WE TELL OURSELVES, WEDNESDAY 19TH OCTOBER, 6:30PM

With Alicia Drummond, Therapist & Founder of The Wellbeing Hub



NUTRITION & HEALTH FOR THE YOUNGER YEARS, WEDNESDAY 2ND NOVEMBER, 6:30PM

With Tina Lond-Caulk, a qualified nutritionist of 20 years and a leading UK expert on child & teenage health



SUPPORTING YOUR CHILD FOSTER A HEALTHY RELATIONSHIP WITH FOOD & BODY IMAGE, WEDNESDAY 9TH NOVEMBER, 6:30PM

With Isa Robinson, Nutritional Therapist (mBANT, CNHC) & Registered Associate Nutritionist.



UNDERSTANDING DEPRESSION & HOW TO PREVENT IT, WEDNESDAY 7TH DECEMBER, 6:30PM

With Jeremy Thomas, author and well known inspirational speaker on mental health.

HOW TO REGISTER:



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