

# Are you stressed about returning to school after Summer?

Join our online workshop to discuss anxiety behind school avoidance and ways to manage your worries and emotions.



Sign up to one of the time slots using the QR code or by clicking [here](#).

Wed 6<sup>th</sup> August 2-3pm

OR

Wed 13<sup>th</sup> August 2-3pm

OR

Wed 20<sup>th</sup> August 2-3pm

You are welcome to keep your camera off if you'd like to keep anonymous.

Minds Matter: You Matter

For better mental health visit

[www.hfehmind.org.uk](http://www.hfehmind.org.uk)

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**North West London**  
Clinical Commissioning Group



Hammersmith,  
Fulham, Ealing  
and Hounslow