

Health & Wellbeing Officer lunchtime drop-in sessions every Monday in the Study Centre

Referrals can be made
by parents, carers,
students or a member
of the pastoral team.

**Mindy will be attending every
Monday to work with students
and can support with many things
including:**

- confidence and self esteem
- emotional regulation/self-care
- mental health& emotional wellbeing
- body image

Drop in sessions
are open to
everyone with no
referral needed.
Please just go along
to the study centre
and have a chat
with Mindy.

During group work sessions

It is expected that you will:

- Attend all sessions
- Work with us to make it a positive experience for all
- Become more confident and learn skills to understand what impacts our decisions.

Together we will

- Talk and listen
- Learn ways of understanding and managing healthier choices
- Have fun!

We will all

- Be kind to each other
- Listen to each other Respect each other
- Support and encourage each other
- Be honest and open with each other.