



Parent Coffee Morning

CONNECTING WITH YOUR CHILD WORKSHOP

Compass Birmingham Mental Health Support Team

Come along to our coffee morning to learn about:

- **Learn and understand teen mental health**
- **Effective communication strategies**
- **Ways to build a supportive environment**
- **Common mental health challenges and practical tips for strengthening relationships.**

Date: 22nd October 2025

Time: 9.20am - 10:20am

Waverley Secondary School

www.compass-uk.org