

**If only life was  
a piece of cake!**



**Join us and other parents for a cuppa and chat  
about mental health and emotional wellbeing!**

## **Coffee morning**

**Date:** Thursday 3<sup>rd</sup> February

**Time:** 10:00-11:15

**Location:** College Park School

**In this coffee morning, we will be providing an  
introduction to mental and emotional wellbeing  
including sources of support, services, and signposting.**

**Minds Matter: You Matter**

For better mental health visit  
[www.hfehmind.org.uk](http://www.hfehmind.org.uk)

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Hammersmith,  
Fulham, Ealing  
and Hounslow