



MHST COFFEE MORNING

SMALL CHATS CAN LEAD TO BIG CHANGES.

Parents and Carers, please come and join us for an informal coffee morning with the Liverpool Mental Health Support Team (MHST).

THIS IS A RELAXED SPACE FOR PARENTS AND CARERS TO:

- HEAR ABOUT THE SUPPORT AVAILABLE FOR CHILDREN'S WELLBEING IN SCHOOL AND THE COMMUNITY.
- ASK QUESTIONS ABOUT CHILDREN'S MENTAL HEALTH IN A SAFE, INFORMAL SETTING.
- MEET THE MHST PRACTITIONER LINKED TO YOUR CHILD'S SCHOOL.

Where: St. Finbar's Primary School

When: Thursday 5th February 2026 @ 9am



Scan to find out
more about our
service!

FIND OUT HOW TO ACCESS FREE SUPPORT, INCLUDING:

- 1:1 SESSIONS FOR CHILDREN (AGES 8–11)
- PARENTING SESSIONS (AGES 5–11)
- GROUPS & WORKSHOPS FOR PARENTS AND CHILDREN
- WHOLE-SCHOOL WELLBEING INITIATIVES