



Xpress Yourself

Children's mental health week 2021

From 1st-5th February 2021 the Liverpool Whole School Approach CAMHS partnership and Liverpool Learning Partnership will be hosting a series of live stream events for children, families and school staff to view in celebration of children's mental health week.

A full time-table of events can be found with this email, or by visiting: www.liverpoolcamhs.com/schools/ Events will also be recorded and displayed on this page. All events are free of charge and will include the following:

Author-led sessions from Karl Nova, Dom Conlon & Marie Basting delivered as part of the **LLP reading festival**.

DailyXpress sessions from the MYA Raise Team. Each session will look at daily wellbeing theme, a **creative activity and a daily challenge**.

A session for parents/carers looking at how to support their own wellbeing whilst supporting their child.

A wellbeing session for school-staff with a focus on **creativity and expression**

Please check out the 'Place to Be' website for excellent resources including assembly plans and creative sessions to use throughout the week. www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/

See you there!