

Meridian Community Primary School



Workshop for Parents

with Katy Tutton & Liz Hiles



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

**Come and find out how to Help and Support Your Child with
Thriving Through Change**
(helping your children navigate change and transition to
secondary education)

Date: Friday, 24th April 2026

TIME: 9am-10am

Place: Meridian Community Primary School

(Roderick Ave, Peacehaven BN10 8BZ)

**To book your place please put your name down at the school
office**