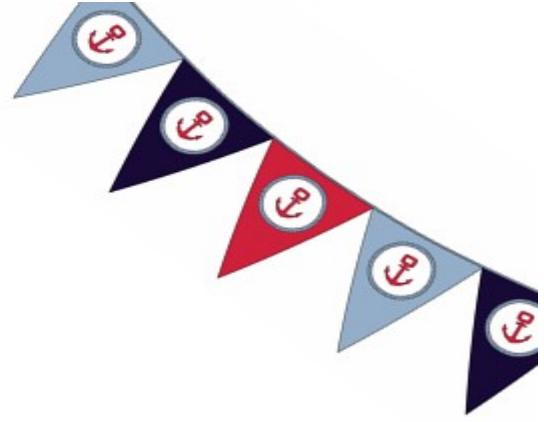




MERIDIAN COMMUNITY PRIMARY SCHOOL AND NURSERY

Learning for Life



26th January 2026

Dear Parents/Carers,

Introducing Lily Stevanovic - Parent & Carer Practitioner from Me & My Mind

Lily from 'Me and My Mind' team (part of East Sussex Mental Health Support Teams), would like to set up **free sessions** for **parents & carers** to support their child's **mental health and emotional wellbeing**.

Lily offers **workshops, themed coffee mornings, 1:1 drop-in sessions, online and recorded webinars** and at times **short courses** on specific subjects. Firstly, she would like to know what would be most valuable for you and your child right now.

Workshops/coffee mornings could include things such as, "**Taming the Worries**", "**Tricky Mornings**", "**Thriving Through Change**" or getting advice and support on **Children's Wellbeing** - workshop that covers **5 ways to wellbeing, sleep, food, digital media** and much more.

Please click: <https://forms.office.com/e/QYXhLwZ2NG> or scan QR code to complete **1-minute survey** to find out what is on offer and to express your current support needs.

Supporting Your Child with Mental Health and Wellbeing Survey
Primary Schools



For further information or to find out more speak to
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