



# Thursday 17th April Parent Webinar 6pm - 7pm

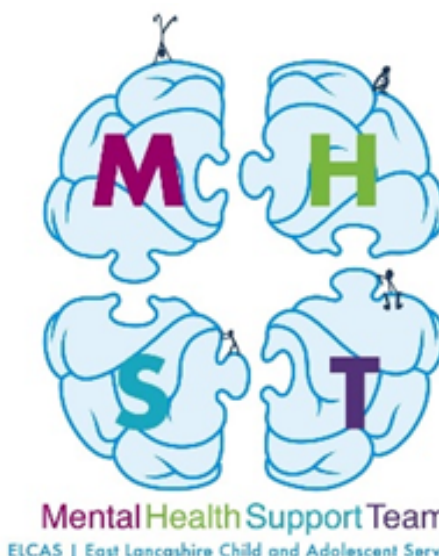
## Food and Mood Workshop



We would like to invite parents/carers of young people to a workshop which explores the impact of food on mood -

### The Webinar explores :

- To provide an overview of how food and drinks affect the way we think and feel.
- To consider the benefits of eating regularly throughout the day.
- To consider why eating with others is helpful for our wellbeing.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**Meeting ID: 398 191 916 608**

**Passcode: 5vQbUd**