

MHST

# Parent Workshops

## Held at The Cathedral School of St Mary

Run by The Mental Health Support Team, Livewell Southwest

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We have 2 workshops running FREE of charge

- Worry Management
- Anxiety



BOOK NOW

**Worry Management - Wednesday 20th November 2024**

**Anxiety workshop - Wednesday 29th January 2025**

Email [m.penelrick@plymouthcast.com](mailto:m.penelrick@plymouthcast.com) or text/call 07305715746

Please contact Mrs Marianne Penelrick for any other questions

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