

# WORLD MENTAL HEALTH DAY



Join us for a family friendly afternoon  
of interesting talks and fun activities  
all about supporting our wellbeing

- **Newham Talking Therapies** will be talking about how to talk to your family about mental health
- **Our Newham Money** are leading a talk on “Budget & Save” to support your wellbeing and tips for children
- **Fun family activities** to start talking about mental health

**If you can, please bring an empty clean jar**

**Date:** Wednesday 11th October

**Time:** 4.00 - 5.30pm

**Location:** Beckton Globe Library 1 Kingsford Way E6 5JQ



CN.BecktonGlobeLibraryMailbox  
@newham.gov.uk



020 3373 0853

If you would like to find out more,  
please join our mailing list by  
scanning the QR code

