

# Free Reflection Groups for School Staff

Hammersmith, Fulham, Ealing & Hounslow Mind (HFEH Mind) are offering free reflection groups for school staff.

These are available to all non-MHST schools in north Westminster, and RBKC.

All groups will run for 1-hour and will be delivered over Zoom.

We will be sharing wellbeing advice and resources, reflecting, and finding solutions together.

We will be exploring the following topics (and more!):

- Managing Conversations About Mental Health
  - Stress Management and Resilience
  - Healthy Habits, Routines and Wellbeing
  - Supporting Students with Transitions

Reflective Groups take place on Wednesdays, 16:00-17:00. Various dates available.

Please use the Eventbrite link below to book onto a group.

Workshop Name	Date(s)	Link
General	27/01/21	<a href="https://www.eventbrite.co.uk/e/136795074751">https://www.eventbrite.co.uk/e/136795074751</a>
Mental Health Conversations	24/02/21	<a href="https://www.eventbrite.co.uk/e/137409179555">https://www.eventbrite.co.uk/e/137409179555</a>
Healthy Habits & Wellbeing	24/03/21	<a href="https://www.eventbrite.co.uk/e/137168750425">https://www.eventbrite.co.uk/e/137168750425</a>
Stress & Resilience	30/04/21	<a href="https://www.eventbrite.co.uk/e/137410621869">https://www.eventbrite.co.uk/e/137410621869</a>
Youth Mental Health Awareness	26/05/21	<a href="https://www.eventbrite.co.uk/e/137411664989">https://www.eventbrite.co.uk/e/137411664989</a>
Supporting Students Through Transitions	30/06/21	<a href="https://www.eventbrite.co.uk/e/137412379125">https://www.eventbrite.co.uk/e/137412379125</a>
End of Year Wellbeing	21/07/21	<a href="https://www.eventbrite.co.uk/e/137412880625">https://www.eventbrite.co.uk/e/137412880625</a>