

HEALTH, WELL-BEING & COMMUNITY ENGAGEMENT TEAM



MoodMaster[®]

Is life losing its sparkle?

MoodMaster can help!

With an upbeat approach to
physical and emotional well-being.

6 weekly CBT-based sessions to help you to make your
life more enjoyable and manage troublesome emotions
such as worry and stress.

Helps you to support your own or your child's emotions.

Location: Moorlands Primary School

When: Fridays commencing 23rd February (6 weeks)

Time: 1:15pm — 3:05pm

***Ring school office 0121 556 0352 to book
or let Mrs Roberts or Miss Smith know.***

Limited spaces available