

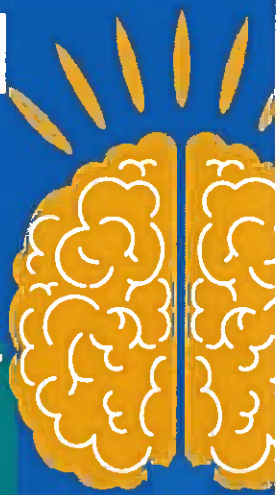
School Nurse



**COFFEE
MORNING**



**Confidential
health, wellbeing
advice and
support**



Drop-in today
and speak to
your school
nurse about:

- Relationships
- Growing up
- Sleep
- Stress
- Anxiety
- Low mood
- Nutrition
- Lifestyle
- Alcohol
- Smoking
- Vaping
- Drug use
- Gender
- Sexuality
- Anger

And much, much
more...

Where:

**The
Orchard**

When:

**9:00am
To
10:00am**

- 3 September
- 1 October
- 5 November
- 3 December
- 7 January
- 4 February
- 4 March
- 8 April
- 6 May
- 10 June
- 1 July