

Tuesday 15th February 2022, 5:30 pm - 6:30 pm

INTRODUCING THRIVE: MENTAL WELLBEING

ONLINE PARENT FORUM

Join the Thrive team for a session on the Thrive app and how your child can use it to manage their mental health. There will be an open Q&A session at the end which is a great opportunity to get your questions answered.

What will be covered?

- ✓ What is Thrive?
- ✓ How can Thrive help my child with their mental health?
- ✓ Stress management and mindfulness techniques
- ✓ Activities in the app
- ✓ Q&A

You will also receive a parental guidebook on the Thrive app which will cover any common FAQ's.

We look forward to you joining us!

How to Join

Join this webinar session via the link below:

<https://us02web.zoom.us/j/84704049828>

 YOU'RE INVITED!