

FREE WEBINARS FOR  
PARENTS & CARERS

# SURVIVING & THRIVING OVER THE SUMMER HOLIDAYS



WHEN?

10:00-11:30 7<sup>th</sup> July 2026

18:00-19:30 16<sup>th</sup> July 2026

13:30-15:00 28<sup>th</sup> July 2026

REGISTER AT:

[canva.link/mhstsummer2026](https://canva.link/mhstsummer2026)

Type this into your  
browser or

SCAN ME!



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ Creating flexible routines and boundaries that actually work during the holidays
- ✓ Why sleep still matters (even without school) and how to keep it on track
- ✓ Simple ways to stay organised, reduce stress, and enjoy more quality time together
- ✓ Fun activities, local support, and what's happening for families across Somerset

