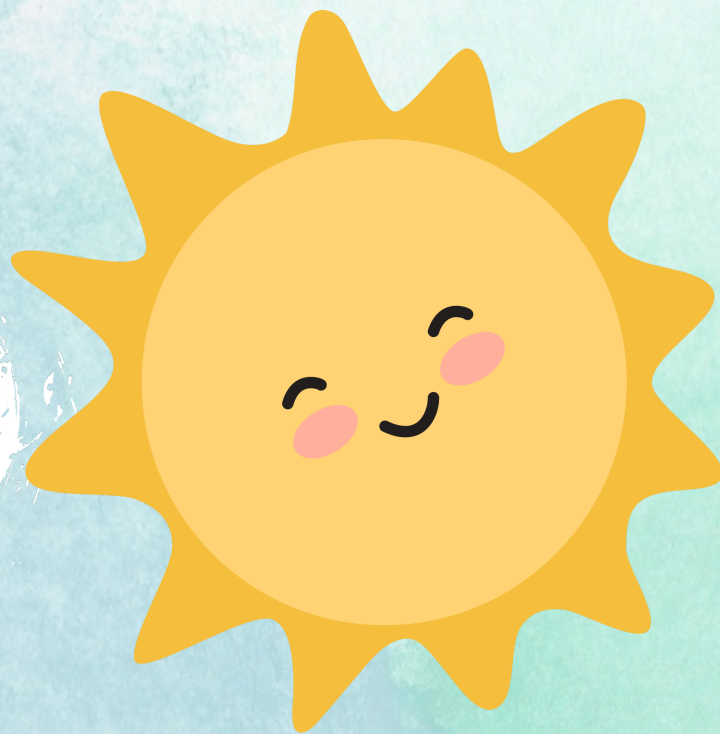


# Supporting Wellbeing Over the Summer: Connection, Routines & Managing Boredom



## Mental Health Support Team (MHST) Workshop

### OBJECTIVES

- Explore ways to maintain routines during holidays.
- Learn strategies to encourage healthy family time.
- Support children to manage boredom, independence, and screen time.

### TAKEAWAYS

- Summer is a chance for rest, connection, and growth.
- Too much unstructured time can cause stress or conflict.
- Balanced routines help children return to school with confidence

July  
8th



12-1:30pm or  
7-8:30pm

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