



Ealing Wellbeing Practitioners

Chaa and Chat Coffee Morning

Who?

Ealing Mental Health Support Team (MHST) and **Khalsa Primary** are hosting an in-person coffee morning for parents and carers.

When and Where?

Thursday 8th May 2025 at 8.45am
Venue: Small Hall Khalsa Primary School

How?

No need to register interest, just attend on the day!

Chaa and Chat

We will be discussing any concerns or difficulties that you are currently experiencing in relation to child anxiety or challenging behaviour

These could be..

- Separation anxiety
- Phobias
- Not following instructions or routine
- Feeling worried
- Avoidance
- Improving relationships at home

