

## Trinity Primary 'Meet and Greet'



Happiness is a combination of mental and emotional health, and we all know that finding the balance can be difficult at times. We aim to encourage a wellbeing culture by supporting every member of our Trinity family, inside and beyond the classroom walls.

Join us for an informal drop-in for coffee/tea, cake, chat and a chance to meet the Wellbeing team.

 $^{\odot}$  We look forward to seeing you!  $^{\odot}$ 

Monday 27<sup>th</sup> January 9.45-10.45 OR Thursday 30<sup>th</sup> January 2.15-3.15

If you are interested, please add your name to the sign-up sheet at reception.