



# Thursday 16<sup>th</sup> April 2026 - Food and Mood Workshop at 12:30pm and 5:30pm



We would like to invite parents/carers of young people to a 1/2 hour, information session which explores the impact of food on mood -

## The Webinar explores :

- To provide an overview of how food and drinks affect the way we think and feel.
- To consider the benefits of eating regularly throughout the day.
- To consider why eating with others is helpful for our wellbeing.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



**12:30pm - Meeting ID: 398 536 016 635 4**

**Passcode: 4ZU2mL67**

**5:30pm - Meeting ID: 398 536 016 635 4**

**Passcode: 4ZU2mL67**