

Dear Parents and Carers,

We're excited to invite you to a free mental health workshop hosted by Orli Health on **6th February from 12:15pm – 14:30pm at Consilium Evolve**. This session aims to provide practical strategies and support for parents facing the challenges of raising children in today's world.

Meet the Orli Team:

- **Dr Mark Cox:** NHS doctor specialising in early mental health intervention.
- **Euan Bell:** Social care and education expert dedicated to empowering families.
- **Lucy Bulley:** Operations specialist.
- **Karla Pretorius:** Neurodivergent psychotherapist with over 20 years of experience.

What to Expect:

- Practical tools for supporting emotional regulation.
- Real-life case study problem-solving.
- Tips for creating sensory-friendly spaces at home.
- Strategies to help your child thrive both at home and in school.

If you'd like to join us, simply scan the QR code on the flyer or visit www.orli.health for more details.

Thank you for your continued support!

Orli Workshop

