

ABINGDON SCHOOL IN PARTNERSHIP
PRESENTS

Emotional Wellbeing For You & Your Family



Shahroo Izadi

Behavioural Change specialist, author of
The Kindness Method



Natasha Devon MBE

Speaker & Mental Health Campaigner, author of
A Beginner's Guide To Being Mental: An A-Z



Mental
Health &
Wellbeing

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Wednesday

19 May

7:30 pm