

# Children's Mental Health Week

Mind in West Essex is encouraging children and young people to use their voices, share what matters to them and encourage those around them to listen.

The aim of this event is to bring the community and families together to explore this year's theme of

## **'My Voice Matters'**

We will be hosting various fun activities for children and adults at each venue facilitating conversation and support for everyone.

These events will take place in Harlow, Dunmow, Saffron Walden, Loughton and Touchpoint Stansted. Please contact your local hub for further details.



**Wednesday 7th February 2024**

**3:30-5:30pm**

**Come and drop in for some snacks & a chat, all ages welcome.**

**We look forward to seeing you there!**

**Mind in West Essex  
The Wellbeing Centre,  
10-11 Corner House, Bush Fair, Harlow, Essex,  
CM18 6NZ**