

# Springboard Workshops

Free for parents & carers of Andover children.

- **Confidence Building**

How to help anxiety.

Thursday 2<sup>nd</sup> August 1-3:30pm

At Andover Mind, Westbrooke Close, Andover, SP10 2BN

- **Managing Negative Behaviours Workshop**

How to help stress and anger.

Thursday 9<sup>th</sup> August 1 – 3.30pm

At Andover Mind, Westbrooke Close, Andover, SP10 2BN

For more information and to book a place,  
please contact Alison on 01264 332297  
or by email [alison.gregory@andovermind.org.uk](mailto:alison.gregory@andovermind.org.uk)



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Andover

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