



Low Mood Drop-ins

Is your child or someone you work with (aged 4-18years) struggling with low mood? Why not drop in and meet children's therapists to discuss what you can do to support. Learn more about low mood and how it presents in children. **Free resources to take home.**

Venue: Low Fell Library Durham Rd, Low Fell, Gateshead NE9 6HT

Date: Thursday 4th January 2024

Time: Professionals - 12:00-13:00, Parents/Carers - 13:00-14:00

Venue: St Chad's Community Project, 21 Liddell Terrace, Gateshead NE8 1YN

Date: Monday 8th January 2024

Time: Professionals - 13:00-14:00, Parents/Carers - 14:00-15:00

Venue: Gateshead Central Library, Prince Consort Rd, Gateshead NE8 4LN

Date: Thursday 11th January 2024

Time: Professionals - 12:00-13:00, Parents/Carers - 13:00-14:00

Venue: Blaydon Library, Wesley Court, the Precinct, Blaydon-on-Tyne NE21 5BT

Date: Wednesday 17th January 2024

Time: Professionals - 13:00-14:00, Parents - 14:00-15:00

Venue: Rawling Road Surgery, 1 Rawling Rd, Bensham, Gateshead Tyne & Wear NE8 4QS

Date: Wednesday 17th January 2023

Time: Professionals - 12:00-13:00, Parents/Carers - 13:00-14:00

Venue: Chowdene Family Hub, Waverley Road, Gateshead, NE9 7TU

Date: Monday 22nd January 2024

Time: Professionals - 13:00-14:00, Parents/Carers - 14:00-15:00

Venue: Elgin Family Hub, Elgin Road, Deckham, Gateshead. NE9 5PA

Date: Friday 26th January 2024

Time: Professionals - 12:00-13:00, Parents/Carers - 13:00-14:00

