

Low Mood Drop Ins

Is your child or someone you work with (aged 5 – 18 years) struggling with Low Mood? Why not drop in and meet children's therapists to discuss what you can do to support? Learn more about strategies to support with Low Mood.

Free resources to take home.

Venue: Wrekenton Family Hub, Gateshead, NE9 7JR

Date: Friday 3rd January

Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Christ Church Felling, Gateshead NE10 0HQ

Date: Wednesday 8th January

Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:30

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

Date: Thursday 9th January

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Blaydon Primary Care Centre, Shibdon Rd, NE21 5NW

Date: Thursday 9th January

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Wickham Library, 9 Front St, NE16 4DN

Date: Monday 13th January

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: The Baltic Centre for Contemporary Art, Gateshead NE8 3BA

Date: Wednesday 15th January

Time: Professionals – 10:00 - 11:00 Parents/Carers - 11:00 - 12:00



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Free resources to take home.

Venue: The Winlaton Centre, North Street, NE21 6BY

Date: Thursday 16th January

Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Birtley Leisure Centre, Durham Rd, Chester Le Street, DH3 2TB

Date: Monday 20th January

Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Dunston, Unit 2, Clockmill Rd, Dunston, Gateshead NE8 2QX

Date: Thursday 30th January

Time: Professionals - 09:00 - 10:00 Parents/Carers - 10:00 - 11:00

