

Sandwell

Family
Helping Families Thrive



MoodMaster®

Is life losing its sparkle?

MoodMaster can help!

With an upbeat approach to physical and
emotional well-being

4 weekly CBT-based sessions to help you to make your life
more enjoyable and manage troublesome emotions such as
worry and stress

The Oldbury Family Hub will be coming into school for 4 weeks to deliver the above
programme to parents/carers. Sessions will include topics:

Understanding emotions
Dealing with situations that stress you out
Cooling down hot thoughts
Problem solving

Tuesday 16th January 2024 – Tuesday 6th February 2024

9.15 am – 11.15 am

Please confirm your space at the school office
or with Miss J Gamwell (Family Support Worker)

TEL: 0121 557 2967