

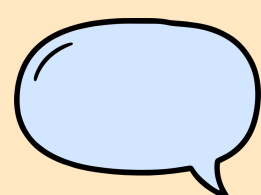


Free Summer Transition Sessions 2026

Mental Health in Schools Team

Join our fun and supportive summer sessions to help you feel confident and ready for Secondary School

Sessions will be held at **GOALS**, Third Avenue, Southampton, SO15 0JW
3:30pm-4:30pm



Communication & Friendships Monday 24th August



Managing our worries Wednesday 26th August



Self-Care Thursday 27th August

You will:

- Build confidence
- Meet new people
- Learn how to manage worries
- Feel ready for your new school

Book your place now!
Just scan the QR code



Your Parent/Carer must attend with you