

Resilience Drop Ins

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

Free resources to take home.

Venue: Christ Church Felling, Gateshead NE10 0HQ

Date: Wednesday 4th June

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

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

Date: Thursday 5th June

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

Venue: Wrekenton Family Hub, Gateshead, NE9 7JR

Date: Friday 6th June

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

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

Date: Monday 9th June

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

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

Date: Wednesday 11th June

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

Venue: Winlaton Centre, North Street, NE21 6BY

Date: Thursday 12th June

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



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

Date: Thursday 12th June

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

Venue: Birtley Leisure Centre, Durham Rd, DH3 2TB

Date: Thursday 19th June

Time: Professionals - 15:30 - 16:30 Parents/Carers - 16:30 - 17:30

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

Date: Thursday 26th June

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



supporting people, communities and GPs

Service provided by South Tyneside and Sunderland NHS Foundation Trust