



Parent and Carer Lumi Nova Discovery Workshop

Wednesday 29th April 2026 - 6-7pm

Joining link below!

NICE recommended for ages 7-12

Find out more about the free Lumi Nova app and the support it can offer for your young person.

Learn about CBT, exposure therapy and the science behind Lumi Nova.

Supportive space to download the app with MHST Lumi Nova Champions.

Microsoft Teams
Meeting ID: 399 221 272 523 28
Passcode: pX3ve2bn



Microsoft Teams

Join us online