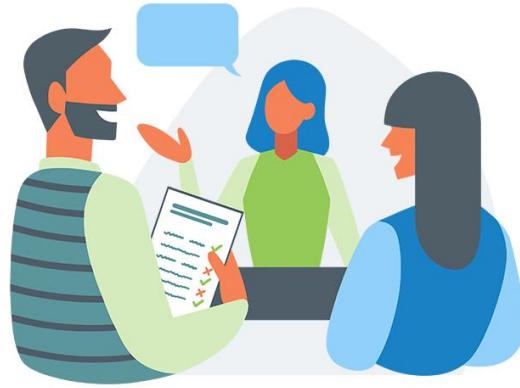


Parent Wellbeing Workshop



Friday 15th October 2021

Location: Staff Room

Time: 9am – 10.30am

Led by Imogen from Tower Hamlets Emotional Well-being Service

This workshop is an hour and a half session to help parents consider how to balance their well-being alongside their child(ren)'s. It'll include some models for how to think of wellbeing, discuss some common stressors parents experience and provide some practical advice for maintaining good wellbeing as well as ideas of where to access further support if needed.