



### Parent Wellbeing Workshop

Would you like to:

- Meet with other parents who have children at Watergate?
- Share experiences of lockdown and the impact on your well being?
- Have an opportunity to talk about the challenges of home schooling?
- Learn and talk about techniques to support your wellbeing?

We would love you to join us on:

Thursday 25<sup>th</sup> February 1.30-2.30pm

Please book a space by contacting our family worker Rani Singh on 0208 695 6555 who will send you details on how to attend the session.

**This workshop will be run by Natasha Russell, Educational Psychologist and Rani Singh, Family Support.**