

Somali Parents and Carers Network



The Parental Engagement Team invites Somali parents and carers in Tower Hamlets to an online meeting on

Tuesday 27 April 2021, 11am - 1pm

Join us to meet other parents to discuss **improving parent wellbeing and resilience**.

The session will be delivered in Somali and English and will cover:

- The importance of emotional wellbeing
- Resilience
- How to reduce the negative impact of stress



For further information or to book a place, email parenting@towerhamlets.gov.uk or call 020 7364 6398