

Parent/Carer Well-being Online Lunchtime Drop-in



When you take better care of yourself, you can take better care of your family.

Virtual sessions for parents and carers to come together, share ideas and promote well-being.

Join us to:

- Develop a better understanding of self-care and emotional resilience
- Get tips and techniques to build a self-care toolkit
- Build a network of support
- Take time out to connect and replenish
- Find out about local support services

Sessions will be delivered online via Zoom on the following dates:

Monday 17th May 2021, 1:30-2:30pm

Monday 21st June 2021, 1:30-2:30pm

Monday 19th July 2021, 1:30-2:30pm

Register via the Eventbrite link below:

<https://www.eventbrite.co.uk/e/parentcarer-well-being-lunchtime-drop-in-tickets-153637428685>

For more information, please email parenting@towerhamlets.gov.uk

Delivered by the Tower Hamlets Parenting Team
www.towerhamlets.gov.uk/parentfamilysupport