

Parent Coffee Mornings

In partnership with Kender Primary School, the Lewisham MHST school wellbeing service are running spring term coffee mornings for parents & carers!

Workshop theme:
Managing emotions and staying well

Strategies for parents and ideas of daily habits which promote children's overall wellbeing

28.02.2024



A safe place for you to:

- Discuss wellbeing concerns about your child
- Learn about strategies to improve wellbeing
- Share and/or listen to experiences
- Connect with others & discuss ideas
- Learn about options for support

Please speak to Vanessa Bekoe for further information

