

Parent and Family Support Service

Emotional First Aid

A course to support parents' emotional health and wellbeing.

Is everyday life sometimes stressful?
Feeling pressured by children and family life?
You're not alone! Take time out for self-care.

Venue:	Mulberry Bigland Green Centre 15 Richard Street (off Bigland Street London E1 2JP
Date:	Monday Mornings (6 weeks course) 7 th , 14 th , 21 st October, 11 th , 18 th , 25 th November
Time:	10am-12.30pm
How to refer:	Self-referrals are accepted - please email: parenting@towerhamlets.gov.uk or call on 020 7364 6398

During the course you will:

- ✚ Meet other parents and build up a network of support.
- ✚ Discover new ways to manage your worries.
- ✚ Identify the early signs of anxiety in adults, children, and young people.
- ✚ Find out about services available in Tower Hamlets to support families.

