

You're invited to our upcoming workshop on...

## PARENTAL WELLBEING

Our workshops are informal, non-judgemental, spaces where you can find out more about the topic, take away some practical tips, and meet other parents/carers in similar situations.

Come along and find out more about...

- The importance of caring for your own wellbeing as a parent/carer
- Practical ways you can support your mental health and wellbeing
- Where you can get further support if you need it



Thursday 23rd November 2023,  
9.00-10.30am  
@ Shirley Infant & Junior School

To sign-up please speak to Karen Allen or e-mail  
[karen.allen@shirleyschools.co.uk](mailto:karen.allen@shirleyschools.co.uk)