



PARENTING UNPLUGGED

TIPS, ADVICE, AND SUPPORT SESSIONS FROM OUR FAMILY SUPPORT TEAM

Practical Support

Supporting families in the local community



These sessions are run by our highly qualified team of Family support workers and are for parents and carers. Sessions will generally focus on **strategies** to help with parenting skills in an informal yet relaxed environment.

Join us for our free informative session.

- Date:**
- Routines and boundaries
28th January
 - Screen time/Devices
4th February
 - Emotional-based school non-attendance (EBSNA)
11th February
 - Supporting your child's emotional well-being and mental health
25th February
 - Parental Well-being - Card Making
4th March

Time: 12pm - 1pm

Location: Waltham Cross Library

Call to Book: 07970 498 966

Email to Book: admin@chexs.co.uk



www.eventbrite.co.uk/d/united-kingdom--london--92111/chexs/