



Parent & Carer Wellbeing

Date

Wednesday 28th February 2024

Time

09:30 to 11:00 am

Session will be held face to face at Hobbs Hill Wood Primary School in the Myatt Room

Would you like some ideas of how to improve your general wellbeing?

A **free** workshop for parents/carers:

- Learn about mindfulness and positivity and how it can improve your wellbeing
- Discuss gratitude and how it can improve wellbeing
- Learn some strategies that are easy to implement into busy lives



For more details and to book, please email:

jnethercoat@hobbshillwood.herts.sch.uk

Please include contact details and name of child's school when booking

Tel: 01442 401222 Ext: 5