

MENTAL HEALTH AWARENESS & WELLBEING WORKSHOP

19TH JANUARY at 16:00- MANAGING MY
CHILD DURING LOCKDOWN

2ND FEBRUARY at 16:00- MANAGING MY
SELF CARE AS A PARENT DURING
LOCKDOWN

Tower Hamlets Talking Therapy are providing two free webinar sessions to the parents in the borough. You must have a registered GP/address in Tower Hamlets. Please register 24 hours before the session to ensure the webinar link is sent to you.

To register, simply click on the link and complete the information on the form:
<https://bit.ly/35bz88x>

