FamiliesMatter

TOWER HAMLETS | Family Hubs TOWER HAMLETS

# Parent and Family Support Service

## Emotional First Aid in Bengali.

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

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| **Venue:** | **John Smith Family Hub** |
| **Date:** | **Monday 12th, 19th May. 2nd, 9th, 16th and 23rd June.** |
| **Time:** | **Time: 10am- 12.30pm** |
| **How to refer:** | Please contact **parenting team** parenting@towerhamlets.gov.uk to book your place.<br><br>Alternatively speak to the staff at children center. |
| **During the course you will:** | ✚ Meet other parents and build up a network of support.<br><br>✚ Discover new ways to manage your worries.<br><br>✚ Identify the early signs of anxiety in adults, children, and young people.<br><br>Find out about services available in Tower Hamlets to support families. |
| **It is advised that parents attend all sessions to get the most benefit from the course.** | |

