FamiliesMatter

Parent and Family Support Service

TOWER HAMLETS

Emotional First Aid in English

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

Venue:	**Parents Advice Centre** **30 Greatrox Street** **Whitchapel** **London E1 5NB**
Date:	**Wednesday 4th, 11th, 18th June. 2nd, 9th, 16th July**
Time:	**Time: 10am- 12.30pm**
How to refer:	Please contact **parenting team** parenting@towerhamlets.gov.uk to book your place. Alternatively speak to the staff at children center.
During the course you will:	- Meet other parents and build up a network of support. - Discover new ways to manage your worries. - Identify the early signs of anxiety in adults, children, and young people. - 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.	

