

FREE ONLINE WORKSHOPS FOR OUR REDBRIDGE PARENTS

London Borough of

Redbridge



WELLBEING FOR EDUCATION RETURN

FROM LOCKDOWN TO LIFE, LAUGHTER AND LEMONADE

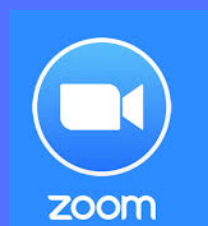


REDBRIDGE EDUCATIONAL
WELLBEING TEAM (REWT)



REWT will be delivering free **ONLINE** workshops to parents in Redbridge on **improving wellbeing and tackling stress** during Covid.

***This year has been challenging!
Let's come together and be supported!***



Parent Support Line:

Monday-Friday (9am-5pm)
Wednesday (5:30pm-7:30pm).
Call : 07741331009.

WORKSHOP 1

PARENTS ACTIONS TO IMPROVE
WELLBEING DURING COVID



Workshops will be on

Wednesday 11th November
6pm-7pm



Wednesday 2nd December:
10am-11am



please register your attendance by:
QR code (scan the code with your smartphone)
or **email** REWT@redbridge.gov.uk



WORKSHOP 2

Workshops will be on

Friday 11th December
4pm-5pm



Monday 14th December
7pm-8pm



PARENTS ACTIONS TO TACKLE
STRESS DURING COVID

please register your attendance by:
QR code (scan the code with your smartphone)
or **email**: REWT@redbridge.gov.uk



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