



Online Parent Workshops

Aimed at parents of children in primary school

Me and My Child: Understanding Resilience

Wednesday 7th August 5.30-7.30pm

*Workshop
timings
change from
term to term

Would you like to come and **meet with other parents and carers** to **reflect and generate ideas of how you can be a positive role model of resilience for your child?**

You are invited to a **workshop about understanding resilience and its importance in your child's development.** It will help you to consider **factors which can help to build your child's' resilience in the context of caring relationships.**

If you would like to join, please **ctrl + click the link below or by entering the Meeting ID and Passcode within Teams:**

[Join the meeting now](#)

Meeting ID: 346 724 056 956

Passcode: 3qgTDa

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWTandESTenquiries@nelft.nhs.uk

We look forward to meeting you.

