

Sutton

Children's Wellbeing Service

Workshop for Barrow Hedges Parents:

- Are you struggling to cope with home schooling?
- Are you trying to work while home schooling and feeling guilty that you aren't doing a good enough job?
- Do you feel you are going for the easy life to stop the arguments and because you don't have the energy?

This workshop will allow you to meet other parents feeling the same, and will hopefully give you some tips to cope!

When:

Wednesday 24 February at 10am

Or

Thursday 25 February at 4pm

Where:

Virtually (Microsoft Teams)

If you would like to join us for this workshop, please email SuttonCWP@swlstg.nhs.uk where you will receive a link to the workshop.

