

Wellbeing and Self Care Workshop

9.30-11.30 Wednesday 12th July 2023

In the School Portacabin

Children North East have been changing the lives of babies, children, young people and families across the North East for 130 years. We are thrilled to announce that we have joined together with Archibald First School to offer you the 'Ways to Wellbeing' project as it launches across Newcastle and Gateshead.

Ways to Wellbeing is a new, exciting and very unique programme that runs fun, conversational and engaging parent workshops to help support you as parents to better understand the many challenges that our children and young people face as they grow up and develop.

The highly skilled, approachable professionals delivering the Ways to Wellbeing programme, provide advice and useful strategies around many of the areas that we can all relate to at some point during parenthood. Together we look at brain development, communication, conflict, emotional wellbeing, school avoidance, relationships, inclusion and mental health.

All sessions take place at school and are completely FREE to access!

The sessions have a very relaxed approach with refreshments available throughout and the overall emphasis being on your wellbeing as a parent.

Please get in touch with the school to book your place on 07879485993

diana.west@archibaldfirstschool.co.uk

We look forward to hearing from you all, this is such a great opportunity to focus on YOU!