

Zoom Well-Being Sessions



Would you like an opportunity to have a chat with other mums with child/ren? Would you like to feel connected?

Come and join us for our Zoom Wellbeing Groups for parents with children aged birth to 5 years old. The session will be a coffee-morning style, giving a great opportunity to talk with other parents about life in lockdown with child/ren, share experiences, and support each other. It will also be an opportunity to support your emotional and social wellbeing leaving you feeling confident in yourself and a positive self-esteem.

Monday - 1.30-2.30pm

Wednesday - 1.30-2.30pm

Booking is essential via Eventbrite using the link below:

<https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

The Zoom meeting details will be emailed an hour before the session.

