

Parent Workshop

MANAGING STRESS IN FAMILY LIFE



Tuesday, 11th February 2020
9am- 10.30am

Family life can be stressful. Sometimes things happen, completely out of our control and can lead to all the family having to cope with stressful situations.

We recognise that our families at Colindale deal with different stresses in everyday life and we know that this can affect our children and sometimes, in extreme situations, start to affect their ability to learn.

Barnet's Wellbeing Service is offering our parents a 1 ½ hour workshop. Learning how to manage stress, ideas and practical strategies and dealing with stressful situations. We could all do with help to manage and cope at these times. Learn how to relax. Find out what can help you and what does not!

Spaces will be limited to 25, so please take advantage of this opportunity to “unwind” and think about your own wellbeing for 1 ½ hours!! To reserve a space please either email office@Colindale.barnetmail.org or Tel 02082058706 or speak to someone in the school office. Unfortunately, we cannot offer crèche facilities on this occasion.

