

Five Ways to Well-being Workshop

Starts at 1pm

We are hosting a 2-hour workshop for parents/carers and children to help support and offer suggestions to improve well-being.



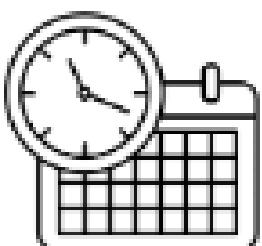
We will look at each of the five ways to well-being, participate in activities and support you with being able to implement these into your life to boost your wellbeing.

You do not need to book but you will need to arrive at 1pm for the start of the workshop.

Date: Wednesday 23.04.25

Time: 1.00 - 3.00pm

Location: Ridgeway Family Hub

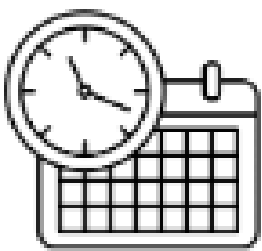
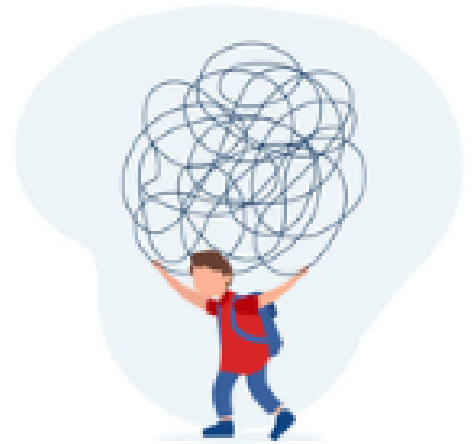


Exam Stress

Does your child get anxious around exams?

We are hosting a **2 hour workshop for parents and children** to gain advice and learn strategies to support your child in the run up to exams.

There will also be some activities available for children and young people if you wish for them to come along.



Date: Wednesday 16.04.2025

Time: 1pm - 3pm

Location: Hebburn Family Hub

You do not need to book but you will need to arrive at 1pm for the start of the workshop.

Parent Workshop Supporting your child with Transitions

Does your child get anxious when transitioning to a new year/school?

We are hosting a **2 hour workshop for parents** to gain advice and learn strategies to support your child with transitions.



Date: Tuesday 22.04.25

Time: 10:00 - 12:00

Location: Primrose Family Hub

