

Medway Emotional Support Teams &
A Better Medway's Child health team
Present

**Managing your emotional health & wellbeing
session +
Transition to Secondary School Parent Workshop**

- Do you find yourself overwhelmed by the numerous responsibilities you have to juggle?
- Are you finding your patience wearing thin?
- Need to find ways to make sure you're able to manage your health as well as the family's?

- Is your year 6 child anxious or worried about transitioning to secondary school?
- Our workshop will help you to understand your child's anxiety and learn how to support them whilst fostering their independence.
- The workshop will provide a safe space to share your experiences and learn from our team and other parents

Wayfield & Rainham Children and Family Hub

Monday 16th August 12.30 – 3pm

Friday 20th 9.30am – 12pm

Both workshops will feature the same information.

To book your place please call (01634) 337733

