



SUMMER TERM WORKSHOPS BY ENFIELD'S CHILDREN'S WELLBEING PRACTITIONERS

ONLINE MENTAL HEALTH, PARENTING AND WELLBEING WORKSHOPS

Join a Children's Wellbeing Practitioner (CWP) for mental health, parenting and wellbeing workshops for parents, carers and young people who live or attend school in Enfield. All are delivered online using Zoom.

Tuesday 25th May: Supporting your child with their behaviour - for parents and carers (10am - 11am)

Tuesday 8th June: Supporting your child with their fears and worries - for parents and carers (10am - 11am)

Tuesday 8th June: Body acceptance and rejecting diet culture part 1- for young people (4.30pm - 5.30pm)

Tuesday 15th June: Body acceptance and rejecting diet culture part 2 - for young people (4.30pm - 5.30pm)

Tuesday 22nd June: Reducing sibling rivalry - for parents and carers (8pm - 9pm)

Wednesday 7th July: Mindfulness in action - for parents, carers and young people (7.30 - 8.30pm)

Tuesday 13th July: Planning a meaningful summer - for young people and/or their parents and carers (7.30 - 8.30pm)

**Parent/carers workshops are suitable for those with children aged 5-10 .
Young people workshops are suitable for young people age 11-18**

To book, please email:
eps-sews@enfield.gov.uk
or telephone 0208 379 2000

