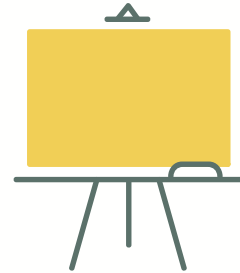




SIGN UP TO OUR 4-WEEK  
PROGRAMME



# LET'S TALK ABOUT IT



PROMOTING YOUR WELL-BEING AND MENTAL HEALTH



WOOLWICH CENTRE LIBRARY

EVERY THURSDAY | BETWEEN 7TH - 28TH JULY



4.00PM TILL 5:30PM



PLEASE EMAIL [BIANCA@PARENTPOWER-ED.CO.UK](mailto:bianca@parentpower-ed.co.uk) TO BOOK YOUR SPACE



YOU'RE NEVER TOO YOUNG TO GAIN THE  
SKILLS YOU NEED TO THRIVE!

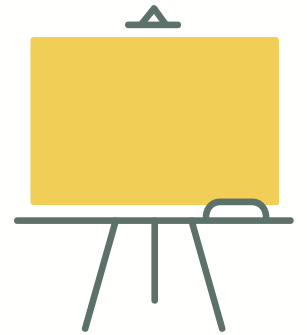




# LET'S TALK ABOUT IT



BOOST YOUR SELF-IMAGE



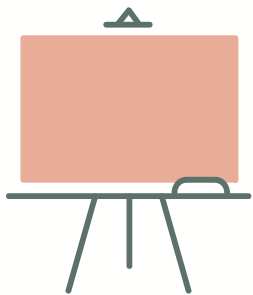
MANAGE EMOTIONS AND STRESS



BUILD YOUR RESILIENCE



BUILD FRIENDSHIPS



MAKE SMART CHOICES



ACHIEVE YOUR GOALS

