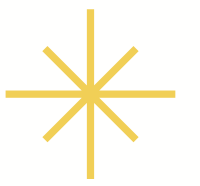


PROMOTING YOUR WELLBEING
AND MENTAL HEALTH

LET'S TALK ABOUT IT



You're never too young to gain
the skills you need to thrive!

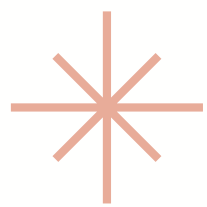


WOOLWICH CENTRE LIBRARY

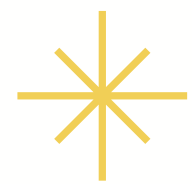
NOVEMBER 12TH & 26TH

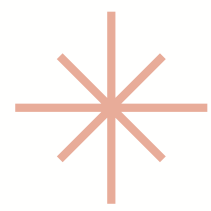
DECEMBER 3RD & 17TH

4-5PM

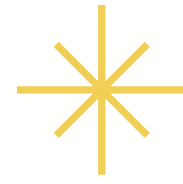


For more details contact:
bianca@parentpower-ed.co.uk





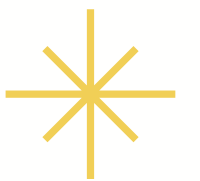
LETS TALK ABOUT IT



BOOST YOUR SELF-IMAGE



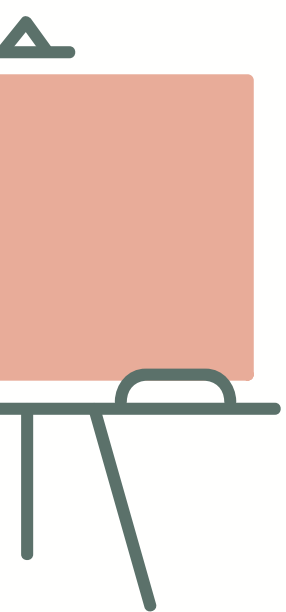
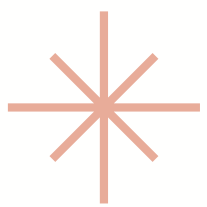
MANAGING EMOTIONS AND STRESS



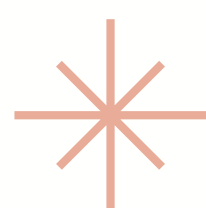
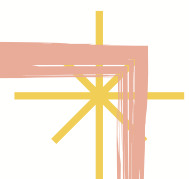
BUILD YOUR RESILIENCE



BUILD FRIENDSHIPS



MAKING SMART CHOICES



ACHIEVE YOUR GOALS

