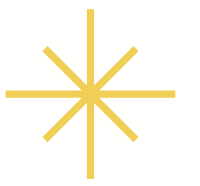
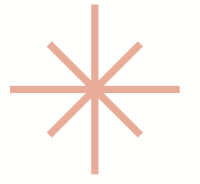


PROMOTING YOUR WELL-BEING
AND MENTAL HEALTH



LET'S TALK ABOUT IT



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

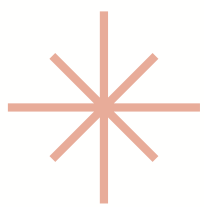


WOOLWICH CENTRE LIBRARY

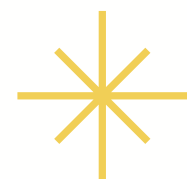
PARENTS ONLY 3/2/22 AND 17/2/22

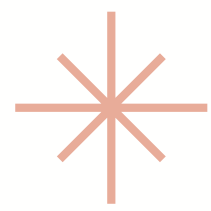
CHILDREN AND YOUNG PEOPLE 10/2/22 AND 24/2/22

DROP IN BETWEEN 4PM-6PM



For more details contact your local library or email
bianca@parentpower-ed.co.uk





LET'S TALK



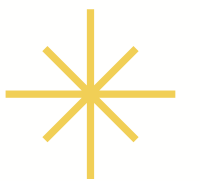
ABOUT IT



BOOST YOUR SELF-IMAGE



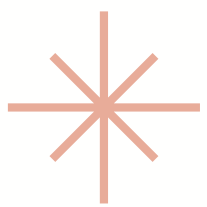
MANAGING EMOTIONS AND STRESS



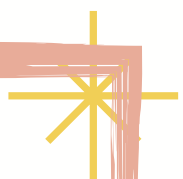
BUILD YOUR RESILIENCE



BUILD FRIENDSHIPS



MAKING SMART CHOICES



ACHIEVE YOUR GOALS

