

STRESS-LESS WORKSHOP

Life as a parent can be busy and full of demands. Many parents feel overwhelmed and stressed.

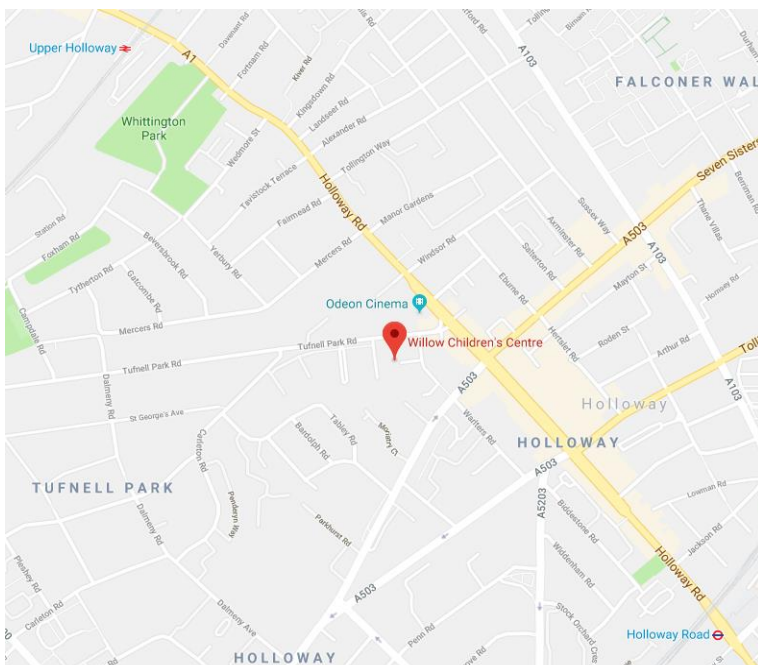
Come along to learn more about stress and take away some ideas to help you stress less!

For families of children aged 1-5 years

**Monday 19th February, 2018
1-2.30pm**

with Rinat Arnsberg and Liz Malpass from Growing Together

Willow Children's Centre, 1a Holbrooke Court, N7 0BF



A FREE NHS WORKSHOP

**To book a place call:
020 7527 1990**

or register online:

<http://bit.ly/2FpkzQn>



NHS
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NHS Trust

**Growing
Together**
Support for Parents
and Young Children