



WELLBEING SESSIONS FOR PARENTS



Every Tuesday
From 24th February to 24th March 2026
1pm to 3pm

What to expect from the 5 week sessions

- **Week 1** : Self- Care Foundations
- **Week 2** : Stress & Emotional Regulation
- **Week 3** : Positive Communication & Connection
- **Week 4** : Sleep, Nutrition & Energy
- **Week 5** : Resilience & Long - Term Wellbeing

At

Daubeney Children & Family Hub
103, Daubeney Road London E5 0EG

For booking call
Daubeney Hub reception
on 0208 525 7040





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