



Funded by



The National Lottery
Community Fund

Supported by



Supported by



**FREEDOM'S ARK
CHURCH**

FREE PARENT WELLBEING & EMOTIONAL RESILIENCE Workshop



**FREE
ONLINE
WORKSHOP**



**FREE ONLINE WORKSHOP FOR PARENTS AND CARERS
LIVING IN ENFIELD OR HARINGEY**



DATE:
Friday 5th June 2026



TIME:
4:00 pm – 6:00 pm



VENUE:
Virtual Workshop
(Online)

IN THIS WORKSHOP YOU WILL:



- ✓ Explore emotional wellbeing and resilience
- ✓ Understand the impact of stress on parents and families
- ✓ Learn practical self-care and wellbeing strategies
- ✓ Build confidence and emotional strength
- ✓ Connect with other parents within the community
- ✓ Access support, guidance and useful resources



FREE PLACES AVAILABLE

Registration Required



SCAN TO REGISTER

or visit the Eventbrite page to secure your free place.



THIS TRAINING IS FOR ENFIELD AND HARINGEY RESIDENTS ONLY.

For more information: info@wellbeingconnectservices.org
www.wellbeingconnectservices.org