



Emotional Health and Well-being workshops

When: January to March 2024

Beginning: Tuesday 9th Jan 2024

Where Curzon crescent Family Wellbeing Centre

Curzon Crescent, (Off Church Road), NW10 9SD

Time: 12.30 to 14.30 (2.30pm)

Facilitator: Helena Lewis

The once weekly workshops will aim to provide parents with the opportunity to address the thoughts feelings and experiences, which are affecting their EMOTIONAL Health and Well-being.

Participants will have the opportunity to share discuss and express through mindfulness exercises, visualisation, creative expression (including arts and crafts, music etc.) and group discussion.

Each workshop is 'stand-alone', and participants can register to attend one or more of the weekly workshops.

To book online for FREE, please register with the Family Wellbeing centres:
<https://www.brent.gov.uk/familywellbeingcentres>

If you need assistance, please contact: **Curzon Crescent Family Wellbeing Centre.**

Tel: 020 8459 6813



Please scan this QR code to register with Family Wellbeing Centre via BRENT MY ACCOUNT