

Redbridge Educational Wellbeing Team (REWT) Parent Workshops

REWT are excited to be delivering parent workshops to support the wellbeing of Redbridge parents and their children. Please register for the workshops using the links or QR codes below.



Understanding and Supporting Anxiety and Low Mood 1st February (10:30-11:30am)

<https://tinyurl.com/4h8a382r>



Understanding and Supporting Bereavement and Loss 9th February (6-7pm)

<https://tinyurl.com/yc5jfnvf>



Parent Actions to Tackle Stress 21st February (1:30 - 2:30pm)

<https://tinyurl.com/2p88vyuk>



Parent Actions to Improve Wellbeing 22nd March (6-7pm)

<https://tinyurl.com/mw5sn7fs>



Please email REWT@redbridge.gov.uk if
you have any queries