

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 16th March (5:30-6:30pm)

<https://tinyurl.com/3a5h9p3f>



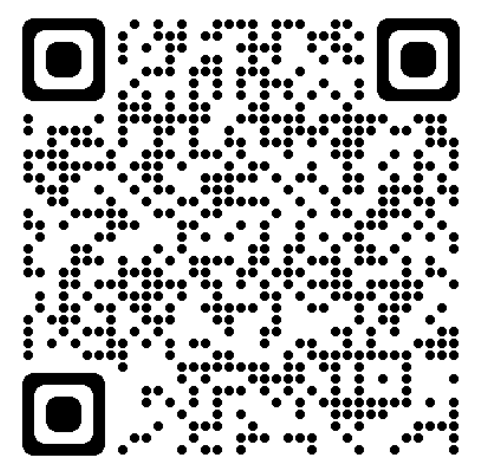
Parent Actions to Improve Wellbeing 22nd March (6-7pm)

<https://tinyurl.com/mw5sn7fs>



Understanding and Supporting Bereavement and Loss 5th April (1-2:30pm)

<https://tinyurl.com/28mwjmrz>



***Please note that this workshop takes place during the
Easter Holidays***

REWT are committed to ensuring our workshops are accessible to all, please contact us if you require any special accommodations to access our workshops.



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

