

# FREE ONLINE WORKSHOPS FOR OUR REDBRIDGE PARENTS

London Borough of  
**Redbridge**



## WELLBEING FOR EDUCATION RETURN

### FROM LOCKDOWN TO LIFE, LAUGHTER AND LEMONADE

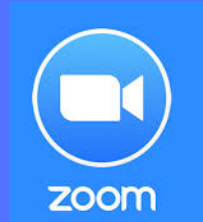


REDBRIDGE EDUCATIONAL  
WELLBEING TEAM (REWT)



**REWT** will be delivering free **ONLINE sessions** for parents in Redbridge to better equip them with strategies to support their child's emotional wellbeing or/and learning difficulties.

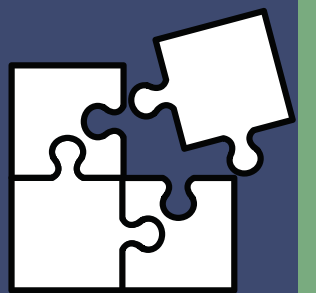
***This year has been challenging!  
Let's come together and be supported!***



**Parent Support Line:**  
Monday-Friday (9am-5pm)  
Wednesday (5:30pm-7:30pm).  
Call : 07741331009.

## SESSION 1

**Simple Strategies to Support your Child with Emotional Wellbeing needs during Covid**



**Monday 23rd November: 1pm-2pm**

In this session we aim to cover emotion regulation, relationship building and strength based strategies that will support parents with their child's emotional wellbeing needs at home.



please register your attendance by:  
**QR code** (scan the code with your smartphone)  
or **email:** REWT@redbridge.gov.uk



## SESSION 2

**Wednesday 25th November: 5pm-6pm**

In this session we aim to cover communication, behaviour and self care strategies that will support parents with their child's learning difficulties at home.

**Simple Strategies to Support your Child with Learning Difficulties during Covid**



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