

# PARENT SPACE

## A FREE VIRTUAL SESSION FOR PARENTS

***TO BE HELD the last  
Tuesday of every  
Month***

***1.30pm-2.30pm***

***Tuesday 26<sup>th</sup> January***

***Tuesday 23<sup>rd</sup> February***

***Tuesday 30<sup>th</sup> March***

***Tuesday 27<sup>th</sup> April***

***Tuesday 25<sup>th</sup> May***

***Tuesday 29<sup>th</sup> June***

These monthly sessions offer opportunity to share Information and support, to ask questions and have discussions around the topics that matter to you as parents.

Tuesday 26<sup>th</sup> January's session will focus on:

### **Emotional Well-Being and Managing Anxieties**

Supporting this event will be an Emotional Well Being Officer, Local Children's Centre's and Family Partners from the Early Help Team who will be available to share ideas and support.

Please click on the **Eventbrite Link** to register your interest and a few days before the session a **Microsoft Teams Link** will be sent to you by email. You will need to download Microsoft Teams for free to join the session.

<https://www.eventbrite.co.uk/e/parent-space-tickets-135695261179>

For further information please email [katie.jeeves@centralbedfordshire.gov.uk](mailto:katie.jeeves@centralbedfordshire.gov.uk)

