



Rushey Green Primary School Parents

It is not easy living with covid during a cost of living crisis. Parent ENGage would like to invite you to attend a Wellbeing Workshop to remind you about the 5 Ways of Wellbeing and to learn techniques to manage your stress and anxiety; the workshop is for parents but you can also share the techniques with your children. The workshops are run by Lewisham parents for Lewisham parents.

The workshop will take place in the school on Friday 10th November from 9:15am – 11:15am and we shall also serve a light breakfast of pastries, fruit pots and snack bars.

Register for free tickets on
[Eventbrite](#)

