


WELLBEING SESSION FOR PARENTS/CARERS




Join us on **Fri 21st March 2025 - 9am to 10.30am**
at **Thomas Fairchild Community School**



for a session designed to support your wellbeing. You'll be able to explore causes of stress, identify triggers and practice tools and techniques to manage it.



Scan the QR code
to book yourself
RSVP by 17/03/25



a massage
therapist offering
10 mins massage
(over clothes)

a goodie bag
will be given
to each
participant



PINS Parent Workshops Spring term 2025

PINS is a partnership project, bringing together school communities, staff, the Hackney SEND Parent Carer Forum (HSPCF) and SEND professionals in health and education to develop a shared understanding around neurodiversity and foster positive, strength based attitudes.