



Taking care of yourself

Supporting wellbeing and mental health

Monday 10th March 2025

9:00am – 10:00am

@The Firs Lower School

Free of charge

Following our successful Children's Mental Health and Wellbeing week recently, we are pleased to offer a free workshop for parents and carers to support your wellbeing as a family.

Led by Emily Gregg, the Assistant Educational Psychologist attached The Firs, Emily is offering this free session as part of Central Bedfordshire's commitment to Therapeutic Thinking.

The 'Taking Care of Yourself' workshop focuses on different areas of wellbeing such as Physical Health, Emotional Wellbeing, Social Connections, Financial Wellbeing, Work-Life Balance, etc. and sharing of top tips and strategies to support wellbeing.

There will also be time to have a cup of tea or coffee and have time to share ideas with other parents within The Firs Community.

If you are planning on attending, please contact the school office

office@firslower.org Tel 01525 402735

