

Upcoming sessions for families.

@389A HARROW
ROAD, W9 3NA

October

1st

POSITIVE PSYCHOLOGY

Parent workshop to boost happiness through strengths, gratitude, and mindfulness.

8th

FRAUD AWARENESS BY HSBC

Guest speaker from HSBC on fraud awareness, online scams, and financial security.

15th

POSITIVE PARENTING

Workshop on transforming challenging routines into happier, more meaningful family life.

30th

RELAX KIDS - HALLOWEEN

Session for parents and children to have fun together! Costumes welcome

November

12th

GREEN DOCTORS

Speakers from Groundwork London on reducing energy bills and improving energy efficiency.

19th

COFFEE & CRAFTS

Craft workshop for parents to knit a scarf and... relax!

26th

BEHAVIOURS

Discover what children are communicating through challenging behaviors.

December

3rd

EMOTIONAL REGULATION

Explore how to support children in coping with negative emotions like anger, stress, and fear.

10th

COFFEE & CRAFTS

Talk, share and connect with other parents while exploring creativity

17th

CHRISTMAS PARTY

Let's make this Christmas break creative, fun, and exciting for the whole family with gifts for every child.