

COFFEE MORNING



Virtual Coffee Morning facilitated by Lewisham School Wellbeing Service

**All Primary School parents and carers are welcome
Online every Thursday @ 10am to 11am**

We understand that this is a challenging time for parents and carers, so in partnership with the school, Lewisham School Wellbeing Service are facilitating a virtual parent/carer coffee morning.

It is a safe space for you to:

- Hear about the new service and connect with others
- Share and/or listen to experiences
- Think about challenges during this time
- Discuss ideas

We would also like to hear what support might be helpful to you over the next few months.

Please do feel free to drop in sign-out, return or leave if you need to at any point.

If you would like to attend, please email:

lewishammhst@slam.nhs.uk and someone from the service will be in touch with you.

We look forward to speaking with you.