



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Parent Workshops

Aimed at parents of children in primary school and year 7

Me and My Child: Understanding Resilience

Monday 27th February 5.30-7.30pm

Would you like to come and **meet with other parents and carers to reflect and generate ideas of how you can be a positive role model of resilience for your child?**

You are invited to a **workshop about understanding resilience and its importance in your child's development. It will help you to consider factors which can help to build your child's' resilience in the context of caring relationships.**

If you would like to join, please **ctrl + click the link below:**

[Click here to join the meeting](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending a EWT school. Please speak to your child's school or check our website for our list of schools.

We look forward to meeting you.

