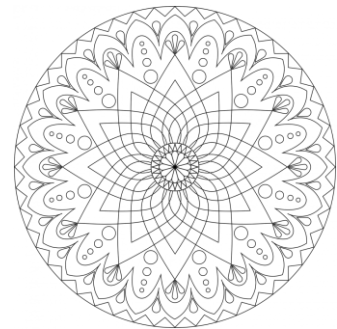




## Spring 2024: Free Wellbeing Workshops

Come and join our wellbeing sessions to help you manage stress and find some balance in your life

**Dates:** Every Wednesday  
17<sup>th</sup> January – 20<sup>th</sup> March  
**Time:** 1pm to 2pm  
**Place:** The Parent House  
Calshot Street, N1 9AS



Wednesday 28<sup>th</sup> February

**This week get creative with Neurographic art session, a way of drawing that recreates the outer from the inner.**



To Book contact us on 0207 837 1383

[Anita@theparenthouse.co.uk](mailto:Anita@theparenthouse.co.uk)