



**Growing Together**  
Support for Parents and Young Children

# STRESS-LESS WORKSHOP

Life as a parent can be busy and full of demands. Many parents feel overwhelmed and stressed at times.

Come along to learn more about stress and take away some ideas to help you stress less!

Mothers, fathers and carers of under-5s welcome.

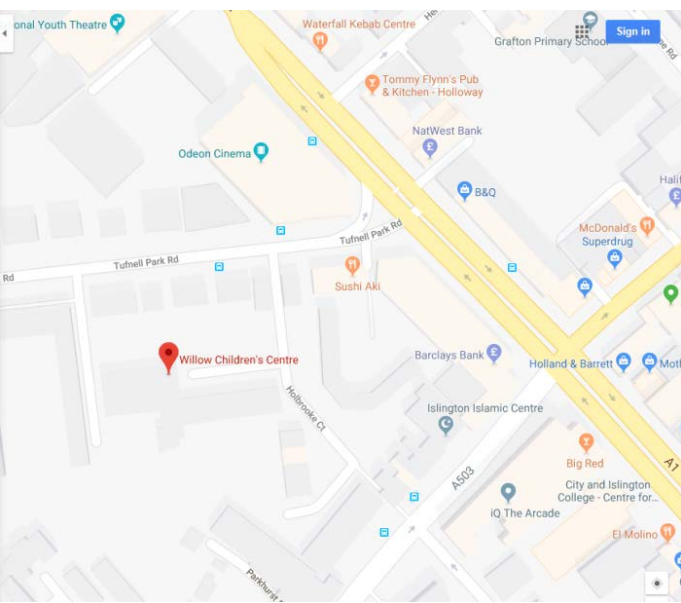
**Monday 10<sup>th</sup> December 2018**

**1.30pm-3.00pm**

**With Janis Griffiths from Growing Together**

**Willow Children's Centre:**

1A Holbrooke Ct, London, N7 0BF.



To book a place call:

**020 7527 8441**

Or register online:

<https://bit.ly/2Lb12d7>





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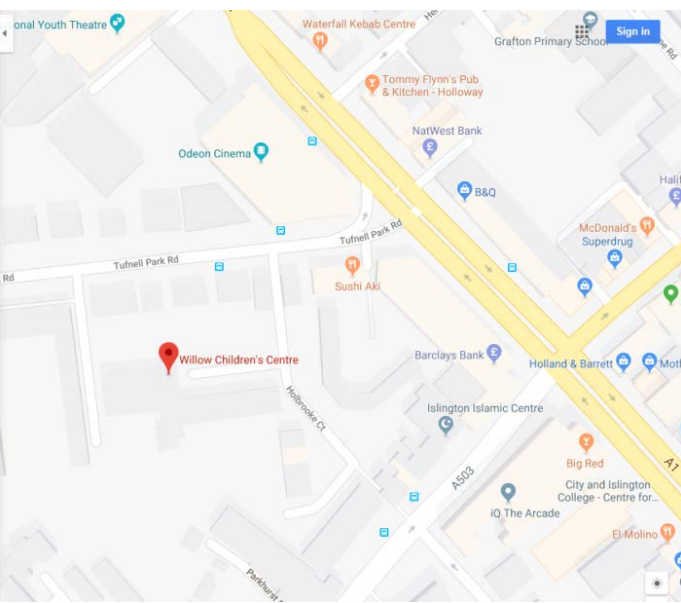
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Every child | Every family



**Whittington Health**  
NHS Trust