

Families, Food & Feelings Parenting Workshop

Free online session for parents and carers of children aged 5-17 who live in or attend school in Islington or Camden.

7th February

10:00-12:00

Online session

The friendly facilitators provide strategies and insight to help parents feel confident in:

- **Making mealtimes enjoyable**
- **Setting healthy boundaries**
- **Encouraging children to eat more fruit and vegetables**
- **Modelling healthy behaviours**
- **Understanding emotional eating**
- **Helping children to have a healthy relationship with food and more...**

Please register for this session via the Eventbrite Link below:



Email brandoncentre.healthyliving@nhs.net for more information