

# **Families, Food & Feelings Parenting Workshop**

**Free online session for parents and carers of children aged 5-17 who live in, are registered with a GP or attend school in Islington or Camden. This workshop is suitable for parents of children or teens who are above a healthy weight.**

**Date: 5th December**

**Time: 10:00-12:00**

**Online**

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

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

**Register via the link below:**

**<https://forms.office.com/Pages/ResponsePage.aspx?id=h3u6cuwYcEajMx1Axlikm74zITBVDgZDn8q3fVBG0RBUOFdTUDBQUUtVOEtGME5MTFNRUUZaTzdCMiQLQCN0PWcu>**

**Email [brandoncentre.healthyliving@nhs.net](mailto:brandoncentre.healthyliving@nhs.net) for more information**