

a Family Matters' wellbeing session for parents:

Stress Matters

find out why,
and learn a craft too!

- ⚙️ **What is stress?**
- ⚙️ **Why do we feel stressed?**
- ⚙️ **What can we do about it?**



Where: THE POD 9 AM

When: THURSDAY 17TH MAY

More information: LIMITED SPACES

Please book with Colman Junior School

Office on : 01603 508530