

# Calmer Days

## Monday 27 January

1pm – 3pm

Would you like **Calmer Days**?



Join us to explore ways to manage the stress of parenting so that you feel more **confident** supporting your child with their emotions.

To book a place scan the QR code

Or register online at: [bit.ly/CalmerDays](https://bit.ly/CalmerDays)



### DETAILS:

Address:

Willow Children's Centre

1A Holbrooke Court,

London, N7 0BF

For further information call

Emma Kingdom:

020 3316 1824

Free NHS Workshop

LOCATION: Willow  
Children's Centre

Creche available

For parents with children aged 1-5 years who live, or have a GP, in Islington

