

NHS Talking Therapies and Growing Together invite you to: **Stress Management for Father's Workshops**



Thursday 6 November 6pm - 8pm

Parenting a young child can cause stress and worry. We invite you to come together with other fathers and male carers to share and learn new coping skills to ease such symptoms.

Click the link below to buy tickets or scan the QR code to visit our **Eventbrite Page:** [Stress Management For Fathers Tickets, Thu, Nov 6, 2025 at 6:00 PM | Eventbrite](#)

Free NHS Workshop

For fathers and male carers with children aged 0-5 years (up to the child's 6th birthday) who live or have a GP in Islington

Address:

New River Green
Children's Centre, 23
Ramsey Walk, Islington,
London N1 2SX

For further information,
call Growing Together
on 020 3316 1824

