

Balancing Social Media & Wellbeing

A parent workshop to support your child

A safe, open space for discussions and tips - Just turn up!

Date: Wednesday 3rd December

Time: 9am - 10am

Location: Hodge Hill Girls School

Refreshments will be provided

***In today's digital world, balancing phone use
with family life is challenging. This workshop
helps parents create mindful tech habits that
support wellbeing and connection.***

***After you drop your children off,
you can wait at the school before
the workshop starts. It will be
great to see you there!***

