

Balancing Gadgets & Wellbeing

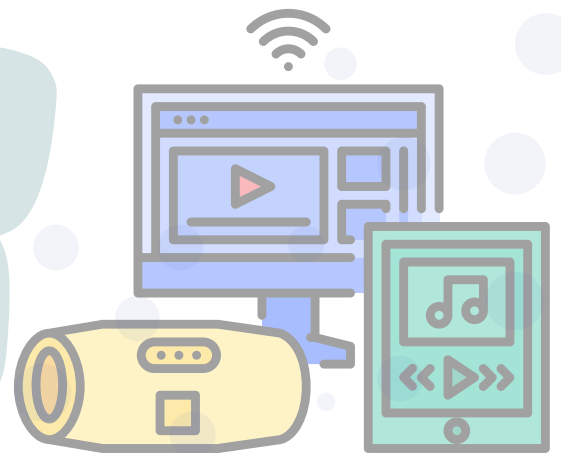
A parent workshop to support your child
A safe, open space for discussions and tips - Just turn up!

Date: Wednesday 9th July

Time: 8:45am - 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.

