



**Booking
Required**

Please call the centre on
02085343136
to book

REDISCOVER *yourself*

This workshop is designed to help parents and carers reconnect with their strengths, build self-belief and develop greater personal confidence. Through reflection, practical exercises and group discussion.

We create a safe space to focus on you!

DATE:

Tuesday 9th June 2026

TIME:

10am -11:15am

VENUE:

Rebecca Cheetham Children's Centre
Marcus Street, Stratford, E15 3JT



**No creche available
for children**