

## Let's talk parenting! Thursday 2<sup>ND</sup> July, 8:00PM

Join us via Zoom to chat about life during lockdown.

Ryad Khodabocus, Stress and Emotion Regulation Coach, will be sharing information, advice and resources on grounding techniques.

To take part, contact one of our team below:AlexNelson@lifelineprojects.co.uk07500 842 904RoystonDawsell@lifelineprojects.co.uk07498 369 550DianaThesee@lifelineprojects.co.uk07498 369 539

