

Families, Food & Feelings Parenting Workshop

Free online workshop for parents and carers of children aged 5-17 who live in, are registered with a GP or attend school in Islington or Camden. This workshop is suitable for parents of children or teens who are above a healthy weight.

Date: 4th June 2024

Time: 10:00-12:00

Online

Friendly facilitators provide strategies and insight to help parents feel confident in:

- **Making mealtimes enjoyable**
- **Setting healthy boundaries**
- **Encouraging children and young people to eat more fruit and vegetables**
- **Modelling healthy behaviours**
- **Understanding emotional eating**
- **Helping children and young people to have a healthy relationship with food and more...**

Register via the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=h3u6cuwYcEajMx1Axlikm74zITBVDgZDn8q3fVBG0RBUOFdTUDBQUUtVOEtGME5MTFNRUUZaTzdCMiQLQC>
[N0Pwcu](#)

Email brandoncentre.healthyliving@nhs.net for more information.