

# COFFEE MORNING



## Virtual Coffee Morning facilitated by Lewisham School Wellbeing Service

**All parents and carers are welcome  
Online every Thursday and Friday @ 10am to 11pm**

We understand that this is a challenging time for parents and carers, so in partnership with the school, Lewisham School Wellbeing Service are facilitating a virtual parent/carer coffee morning.

**It is a safe space for you to:**

- Hear about the new service and connect with others
- Share and/or listen to experiences
- Think about challenges during this time
- Discuss ideas

We would also like to hear what support might be helpful to you over the next few months.

Due to the demands of the current situation, where children are at home during the day, we appreciate that you may need to leave the virtual session. Please do feel free to sign-out, return or leave if you need to at any point.

If you would like to attend, please email:

[lewishammhst@slam.nhs.uk](mailto:lewishammhst@slam.nhs.uk) and someone from the service will be in touch with you.

We look forward to speaking with you.