

Dear Newham Parents, Carers and Young People,

Need some support for yourself or your family during lockdown? Not sure where to start? Join us for our weekly workshops taking place every **Thursday, 4pm-5pm** on **Zoom** and we will inform you of the support that is available to you in Newham.

We want to make sure that every family in Newham knows about the amazing support on offer, especially during this difficult time. This includes support for wellbeing and mental health, finances, housing, befriending and much more. Click the link below to join our workshop!

## Join Zoom Meeting

Phone United Kingdom: [+442034815240](tel:+442034815240), [+442039017895](tel:+442039017895) or [+442034815240](tel:+442034815240), [+442039017895](tel:+442039017895)  
one-tap:

Meeting <https://zoom.us/j/95579486838>

URL:

Meeting 955 7948 6838

ID:

### Workshops

Supporting parents during the Coronavirus pandemic	Thursday 28 <sup>th</sup> January 2021, 4-5pm
Supporting teenagers during the Coronavirus pandemic	Thursday 4 <sup>th</sup> February 2021, 4-5pm
Supporting children during the Coronavirus pandemic	Thursday 11 <sup>th</sup> February 2021, 4-5pm
Taking care of yourself during the Coronavirus pandemic	Thursday 18 <sup>th</sup> February 2021, 4-5pm

### Join by phone

If you do not have Zoom on your phone or computer, you can still join by phone.

1. Call the below number on your phone (if the first one does not work please try the next one along)
2. You will be instructed to key in the 'Meeting ID' (below)
3. Then press '#' and you will be let in to the meeting!

**Dial:** United Kingdom:  
+44 203 481 5240 or +44 203 901 7895 or +44 131 460 1196 or +44 203 481 5237

**Meeting ID:** 955 7948 6838

We look forward to seeing you there!