

# Supporting Working Parents and Carers Webinar by The Wellbeing Project 20th June 2-3pm

Many parents and carers who are trying to balance working with home life are under a lot of strain. This session has been specifically designed by The Wellbeing Project to give parents, parents-to-be and carers the support needed to proactively manage challenges and continue to perform at their best.



**Please join the session via Zoom using this link, and email [kate.sonpal@solent.nhs.uk](mailto:kate.sonpal@solent.nhs.uk) for the session handout.**

