

◆ WORKSHOP

THE
**Lucy
Rayner**
FOUNDATION



SUPPORTING YOUR FAMILIES WELLBEING

Free Online Workshop

A 1-hour session for parents and carers in Surrey.

Practical tools and support to help you feel more confident supporting your child's wellbeing — and your own.

Led by: Becky Rayner

Date: Wednesday 25 March 2026

Time: 7:00–8:00pm

Format: Online (Zoom)

For: Parents/carers of pupils aged 9+



What you'll gain from this session:

- Practical strategies to support your child's wellbeing
- **Tips for managing stress and promoting your own self-care**
- Guidance on communicating effectively and fostering a positive home environment
- **Access to a supportive, inclusive space to ask questions and share experiences**

SPACES ARE LIMITED
SECURE YOUR SPOT TODAY BY EMAILING:

☎ 01737 910 907

✉ becky@thelucyraynerfoundation.com