

# SUPPORTING TEEN WELLBEING WORKSHOP

Wednesday 13th May,

7pm–8pm

Online Zoom Session



The Lucy Rayner Foundation and Health & Mindset Coach Antonia Kate are hosting a 1-hour evening workshop for parents of teenagers.

This second workshop in the series offers practical strategies to help parents navigate challenges around eating, wellbeing, and communication with teens.

## In this session, you will:

- Gain practical strategies to support positive habits and wellbeing
- Learn effective ways to communicate with teenagers around eating and wellbeing
- Access a parent-friendly guide with tips and advice

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**Lucy  
Rayner**  
FOUNDATION



Places are limited! Reserve your spot today by signing up via the link. Cost to attend: £5

*If you have any queries please email:  
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