Come in for cha and chat!

NHS
t London
NHS Trust

Tuesday 17th November 2026
8:45-9:30am
at Khalsa Primary School

Looking after ourselves as parents

Cha and Chat

A safe space for parents to talk about anything that has been difficult recently - whether their child is feeling more worried or showing behaviours that are hard to manage

These could be..

- Separation anxiety
- Phobias
- Not following instructions or routine
- Feeling worried
- Avoidance
- Improving relationships at home

Who?

Education Wellbeing Practitioners from Ealing Mental Health Support Team

How?

No need to register, just attend on the day!
Open to all parents of Khalsa Primary School



Please speak to Ms Lakhbir Kaur or school office for more info

Promoting hope & wellbeing **together**

ELP
Ealing Learning Partnership