



# Sydenham School Parents

You are invited to attend an On-line Resilience & Wellbeing Workshop to learn about resilience & coping strategies to manage anxiety and stress

Run by Lewisham parents for Lewisham parents

On Friday 22nd January 2021: 10:00 – 12:00

RSVP: Emma Quartey, Assistant Headteacher / Designated Safeguarding and Mental Health Lead