



FREE

online parenting workshop



Managing the Stresses of Fatherhood: Coping with Pressure and Finding Balance

Fatherhood is rewarding, but it can also bring significant stress and pressure. This workshop offers practical tools and strategies to recognise, manage and reduce stress, while maintaining your wellbeing.

Learn how to balance responsibilities, build resilience, and stay connected with what matters most - your family and yourself.

Empower your journey as a father with confidence and calm.



Tuesday, 1st
April 2025
10am-12pm
via MS Teams



Delivered by:
Chris Kolade &
Derek Willis
Ealing Parenting
Service

Please note: This is a targeted workshop for men only

email parentingserviceadmin@ealing.gov.uk to register your place



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**

