

# STAFFORDSHIRE MOORLAND'S ZOOM



## COFFEE BREAK - LETS TALK

### A TIME TO REFLECT AND RECHARGE!

Join us for a regular break each week during the school terms, as we talk about the important issues that affect us, our children, our family and our life. This term, we are talking about how we manage our lives.

All you need is you and a brew! It's totally up to you whether you just listen or join in the conversation with people in your community.



Autumn Term Sessions: We can do it!

| Week | Topic          | Biddulph Families<br>Wednesdays 10am | Leek Families<br>Thursdays 10am | Cheadle Families<br>Fridays 10am |
|------|----------------|--------------------------------------|---------------------------------|----------------------------------|
| 1    | Life Stress    | 23rd September                       | 24th September                  | 25th September                   |
| 2    | Responsibility | 30th September                       | 1st October                     | 2nd October                      |
| 3    | Resilience     | 7th October                          | 8th October                     | 9th October                      |
| 4    | Self Care      | 14th October                         | 15th October                    | 16th October                     |
| 5    | Support        | 21st October                         | 22nd October                    | 23rd October                     |

If you are interested in joining us, please book a place via Eventbrite, using the links below:

Biddulph Sessions: <https://www.eventbrite.com/e/parent-coffee-break-biddulph-tickets-121739188189>

Leek Sessions: <https://www.eventbrite.co.uk/e/parent-coffee-break-leek-tickets-121728991691>

Cheadle Sessions: <https://www.eventbrite.com/e/parent-coffee-break-chedle-tickets-121740173135>.

