

# 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 Wednesdays 10am	Leek Families Thursdays 10am	Cheadle Families 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>.

