

## Online session 4

### Supporting your family's well-being during lockdown

"I am feeling very overwhelmed at the moment. It feels like my emotions are going from one extreme to another and all within minutes. I worry about how quickly the virus is spreading. I wonder whether my children are safe at school, whether they'll adjust to the mixture of home learning and attending school a few times a week... And I worry about my nephew who is home schooled full time now. Not to mention the bad weather! Honestly, I am not sure who is worse at the moment trying to keep up with all the turmoil - me or my children! Emotions are flying high in our house and I am concerned about the impact this will have on our mental health..."

If the above describes you and your family, our next online session is the right place for you. During this session we will look at how you can help your family to maintain physical and mental wellbeing during the most recent lockdown. During this session we will be exploring:

- ✓ emotional and physical needs of the whole family in time of uncertainty and change;
- ✓ possible behaviour changes to expect during this time;
- ✓ tools and techniques to effectively support these needs and positively address challenges for both children and parents.

**When:** 19.01.2021 at 1pm

**Duration:** Approximately 60 minutes

**How do you sign up for the online session?** To register for this online session, please follow this link <http://www.move-more.org/events/online-session4/>

It will take you to our website where you will be asked to answer a few simple questions.

**I've signed up: what happens next?** Once you complete our short registration form, you will be registered for the online session. The day before the session, Marijana will send you a link that gives you access to the online session. Please make sure you check your junk/spam folders. If you don't hear from us by the 18th of January, please don't hesitate to contact Marijana on [marijana@move-more.org](mailto:marijana@move-more.org)

**We are looking forward to seeing you on the 19<sup>th</sup> of January!**