

You're Invited!

Dear Parents,

We are excited to invite you to our upcoming Mental Wellness Workshop designed specifically for parents. This workshop aims to equip you with practical tools and strategies to support your mental well-being and enhance your parenting skills.

Workshop Details

Date: Saturday, November 25, 2023

Time: 10:00 AM - 1:00 PM

Location: Community Center, Room 101

What to Expect

- Interactive sessions led by mental health professionals
- Strategies to manage stress and anxiety
- Discussion on the importance of mental wellness for parents
- Networking opportunities with other parents

RSVP

Please confirm your attendance by November 15, 2023, by replying to this email or contacting us at (123) 456-7890.

We look forward to seeing you there!

Sincerely,

The Wellness Team