

Dear parents/guardians,

We would like to share with you details of the next series of Talks in Torfaen for parents/caregivers - (please see flyer attached).

These are **FREE** 1-hour wellbeing talks that take place weekly on **Mondays from 9.30 - 10.30am**, and start on **Monday 10th November 2025**. Talks take place online using Microsoft Teams and are facilitated by NHS Clinical Psychologists.

Talks are targeted towards **ALL parents** of children who are **nursery** or **primary-aged (1-10 years)**.

To register to attend these talks, you can click the link here:

<https://forms.office.com/e/6MQAq9AMnn>

