



PARENT WELLBEING

When your Talked out and Touched Out

By the time December rolls in, most parents are running on the emotional equivalent of the last Quality Street in the tin. Everyone needs something from you, all the time: a cuddle, a chat, a lift, a decision, a snack, a miracle... and meanwhile your own tank is clanging on empty.

This clinic is your pause button.

- A breather.
- A space to reset before the festive chaos sweeps you up like a rogue tinsel tornado.

Join Anisa (Parenting Coach) for her monthly Free Parenting Clinic. This online session is all about parent wellbeing, protecting your bandwidth, and finding small but powerful ways to fill your own cup again.

**Monday 8th December
at 12.00pm**

Online via Zoom

The session will be recorded and shared with all who register.

ARE YOU:

- Running on empty?
- Do you find yourself craving just five minutes of quiet because everyone wants your attention, your energy, your last nerve?
- Is being “talked out and touched out” leaving you snappy, overwhelmed, or simply worn thin?

Then this free 30-minute online clinic is for you.

Booking:

<https://anisalewis.as.me/theclinic>
OR hello@anisalewis.com