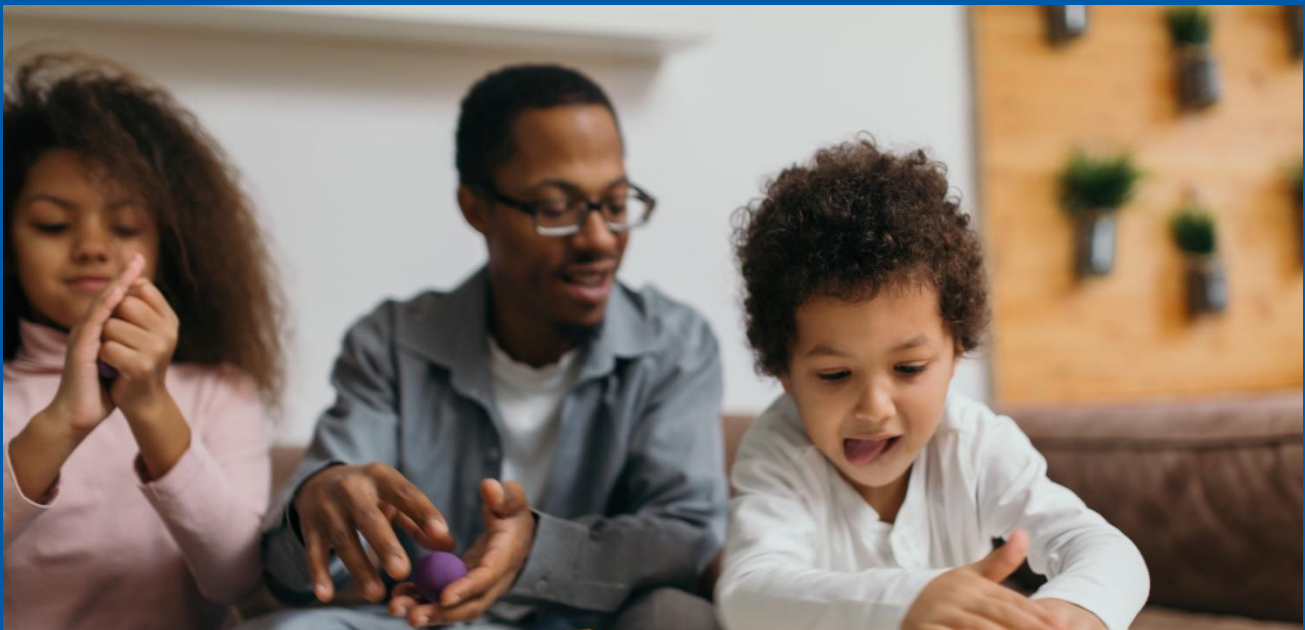


ONLINE FAMILY WELLBEING WORKSHOPS FOR SERVING PERSONNEL AND THEIR PARTNERS



MANAGING DEPLOYMENT FOR MYSELF AND MY CHILDREN TUESDAY 15TH MARCH, 7 – 8:30PM VIA ZOOM

Life as the partner or child of a serving member of the RAF can be exciting, exhilarating and enriching however, it can also present challenges and difficulties that can leave families feeling stressed, uncertain, and worried .

By attending this interactive and practical workshop you will:

- Understand more about what your children may be going through during deployment
- Learn some practical ways to support them through this
- Learn the importance of self-care, what this looks like for you and why this is important

Please apply by Tuesday 8th March as places are limited. The workshop is free for serving RAF personnel & their partners and requires internet access as it will be delivered via Zoom. For more information visit:

<https://www.rafbf.org/familywellbeingworkshops>