



Dads' Wellbeing Workshops

Time: Thursdays 6:30 – 8 PM

Location: Online via Microsoft Teams

Dates available: 26 February & 5 March 2026

Activities: Mindfulness, creative expression, group discussion

Take a breather and connect with other dads in a relaxed, creative space. These evening workshops are a chance to reset, reflect, and try something new — just for you.

These workshops will aim to provide you with the opportunity to address the thoughts, feelings and experiences, which impact on your EMOTIONAL health and wellbeing.

To book or refer

To book a place or refer a dad, please email: ParentingProgramme@brent.gov.uk

Let's work together to support Brent's dads and male carers in building strong, confident, and nurturing relationships with their children.

