



'Lunch and Learn' Webinar  
Promoting Emotional Health  
for our Children  
with Sam Abrahams  
Friday 27th January  
12:30pm - 1:30pm  
Register for free [here](#)

During this Lunch & Learn Webinar we will examine how as a parent, you can have a positive impact promoting emotional health and wellbeing for your child. Together we will examine the meaning of emotional health, how to have an Impact and simple but effective tips you can use with your family. By the end of the webinar you will have a greater understanding of Emotional Wellbeing and what you as a parent can do to "Promote the Emotional Health of Your Child".



Samantha Abraham (Sam) is one of the Triple P Facilitators at Brilliant Parents. Sam is a Parenting Coach, Consultant & Psychotherapist who has worked with families for over 20 years. Sam believes that ALL parents do the best that they can with what they have - and that a little bit of understanding and help can go a long way! She's made it her mission to work with warmth in communities across the UK to assist Parents to become the best versions of themselves first - so their children THRIVE!

"Supporting Parents to gain  
Clarity, Confidence & Control"  
Positively Parenting (TM) - Samantha Abraham