



Community House Early Help Support and Advice

HOW ARE YOU?



**Our school works with Tower Hamlets Early Help Hub
and outside organisations to help
and support our families**

- ★ Do you need help/advice with homework?
- ★ Do you need help/ideas with managing routines and home learning?
- ★ How have you been coping? Would you like some extra support with parenting?
- ★ Are you worried about debts/managing your finances?
- ★ Do you have enough food/essentials for your family?
- ★ Do you just need someone to talk to?
- ★ Do you need help with keeping your child safe online?
- ★ Do you feel sad, stressed anxious and low?
- ★ Find out what services/activities are available for your family
- ★ Find out about online courses are available to help you support your family and your own personal development.

(These are some examples of the help we offer)

Contact Jacqui Jenkins to book a telephone or one to one appointment on 0207 987 4362 opt 4 or email Comhouse@ctjs.org

