

24th September 2025

Invitation to a Parent Workshop: Supporting Your Child's Emotional Wellbeing

Dear Parents/Carers,

As part of our ongoing Healthy Minds Project, we are very fortunate to have two wonderful Mental Health Practitioners, Jacqui Wright and Alex Briddon, who work in our school every Friday. They typically run small therapeutic groups focused on learning about feelings, or offer 1:1 Cognitive Behavioural Therapy (CBT) based sessions.

Last year, Jacqui delivered two really successful parent workshops on 'Supporting Your Child's Emotional Wellbeing'. These sessions were extremely popular, with many parents reporting they gained valuable, practical ideas and strategies to try at home.

Jacqui will be running another session this year on **Friday, 14th November 2025, from 9:00 AM to 10:00 AM.**

Whether this is your first time attending or you would like to come again for a refresher, you are very welcome.

If you would like to attend, please sign up using this Google Form so we can ensure we have the appropriate seating and materials ready for everyone.

<https://docs.google.com/forms/d/e/1FAIpQLSe4Vn4QRmZ7Ngyfur3QcqpKm8yv6U-lpSm7UXwu8uoGij86vw/viewform?usp=header>



We look forward to seeing you there.

Best wishes,

Joanna Kay

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