



19 June 2023

Dear Families

### **Ways to Wellbeing Workshop**

We would like to offer families another fantastic opportunity to take part in the 'Ways to Wellbeing' workshops, led by Action for Children North East. The workshops aim to provide learning opportunities for Parents and Carers, to help you understand and better manage your child's Mental and Emotional Wellbeing. The offer includes information, tools, resources and signposting support for anyone wanting to learn more about their child's brain development and how to differentiate this from a concern about their mental or emotional wellbeing.

The highly skilled, approachable professionals delivering the Ways to Wellbeing programme, provide advice and useful strategies around many of the areas that we can all relate to at some point during parenthood. Together we look at brain development, communication and conflict, anxiety and depression, school avoidance, inclusion, mental health, emotional wellbeing and self-care. The sessions have a very relaxed approach with refreshments available throughout and the overall emphasis being on your wellbeing as a parent.

The first session took place recently, you do not need to have participated in Session 1 to book onto the other sessions. These are the details of the remaining sessions;

**Session 2 - 10 July 2023 from 9.00am-11.00am - Anxiety / depression and Communication / conflict**

**Session 3 - 11 September 2023 from 9.00am-11.00am - School avoidance and Wellbeing / selfcare**

There are no thresholds for participating, and no intrusive questions. All learners will be asked to complete a simple enrolment form on the day of training, and will receive a certificate of participation at the end.

If you would like to attend the workshop, please contact the school office via telephone or email. Places will be allocated on a first come, first served basis. Parents who attended the first session should contact us by 3 July to be guaranteed the place. Parents are welcome to bring a friend or partner for support if they would like to do so, please let us know when you book your place.

Yours sincerely

Mrs Nealings  
Headteacher