



Wednesday 17th January 2024

Parent/Carer Workshop Supporting your Child's Mental Health

Dear Parent/Carer,

Our inclusion team would like to invite you to 3 online sessions with Kerry Williams (Counsellor/Supervisor/Family Liaison Officer) and Jacky Wragg (Essex Partnership SENCo) focusing on supporting your child's mental health.

The sessions will cover:

- introducing the balancing act
- balancing boundaries and encouragement
- balancing emotions and reactions

The sessions will take place on the following **days** between **7:15pm and 8:30pm**:

- Tuesday 5th March
- Tuesday 12th March
- Tuesday 19th March

If you would like to attend these sessions, please book your place via the [eventbrite link](#). Places will be allocated on a first come, first served basis. Please note, you will need to attend **all three sessions**.

Yours sincerely

Ms A Vosper
Assistant Headteacher for Inclusion and SEND

