Dear Parent/Carer

Following on from a very successful Mental Health Awareness workshop for parents in February our Parent Voice are hosting another workshop on Monday 10th June 2019. This workshop will take place in the Assembly Hall at the school from 6.30-8.30 pm.

The Spark provide a variety of supports for individuals, families and schools in dealing with relationship challenges and aim to help develop essential resilience skills. The Mental Health Awareness workshop provides an overview of the mental health conditions which affect our children and young people and aim to help parents understand the impact of stress and anxiety as well as helping parents develop listening skills and coping strategies.

The workshop can accommodate a maximum of 40 parents and places will be allocated on return of the enclosed return slip on a first come, first served basis.

If you have any questions regarding the workshop please contact myself at the school.

Return slips should be returned to the school office by Friday 7th June.

Yours faithfully

Susanne Henderson

Depute Head Teacher



**MENTAL HEALTH AWARENESS PARENT WORKSHOP MONDAY 10TH JUNE**

Child’s Name: Class:

I/We would like to attend the Mental Health Awareness workshop.

Please reserve:

*one place*

*two places*

on the workshop. (Please delete whichever is inapplicable.)

Name: