

To Parents/Carers

1st November 2023

Dear Parent/Carer,

Parent Workshop – ‘A Mind of their Own’
Thursday 16th November, 6.30-8.30pm

I am very much looking forward to welcoming you to the latest instalment of our Parent Workshop evenings in partnership with Care for the Family.

Please could you register your intention to attend through ParentPay as soon as possible, and by **Friday 10th November** at the latest. This will help us plan for refreshments.

Doors will be open from **6.15pm** for refreshments, so please feel free to arrive from then so we can make a prompt start.

Do not hesitate to contact me with any questions and please do spread the word to as many other parents as you are in touch with.

Big blessings to you and your family until then,

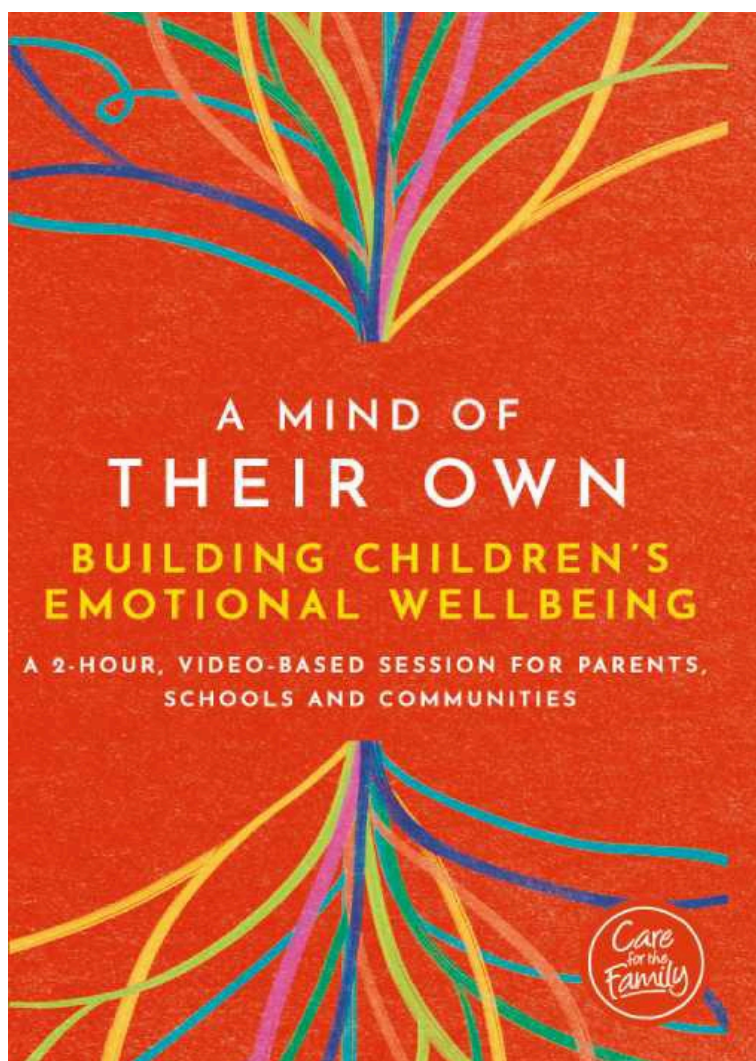
Yours sincerely,

Alex Shoderu
Chaplain

Parent Workshop in partnership with Care for the Family

Thursday 16th November. 6.30-8.30pm

Saint Cecilia's Church of England School



Based on the book by Katharine Hill, *A Mind of Their Own* is a single-session, group resource to inform, encourage and equip parents and other significant adults to strengthen children's emotional wellbeing.

We know that children are navigating the complexities of an ever-changing society, full of both opportunity and risk. The good news is that we can prepare our children to meet life's inevitable challenges head-on.

Topics include:

- Emotional health and wellbeing
- Resilience
- Brain development
- Body-confidence
- Role models