

Dear Parent/Carer(s)

Our school is offering support for parents and carers in the form of online groups, led by trained facilitators. There are seven groups on offer, running for one hour on different days and times.

This support is provided by Anna Freud National Centre for Children and Families (AFNCCF), a national charity for children and families with extensive involvement in supporting schools.

The groups aim to provide a reflective space to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to reflect on your mental health and wellbeing, which we think is just as important. The groups are not webinars or therapy sessions, but rather aim to support parental emotional wellbeing and the connection between parents/carers and their children. It is an interactive group with a mixture of teaching and discussion to structure the reflective space.

These parents/carer groups have been running since January 2021, and have been very positively received. Feedback from parents has included:

"I think it was perfectly pitched and I felt supported and listened to."

"I have been telling people to go to the group if it is offered again. The value is not just in meeting other parents, it is in the tools shared; the most helpful is the 'emotional thermometer'."

The sessions will take place via Zoom on the following dates and times. Please note that you will need to register in advance if you wish to join a meeting.

Group 1:

Mondays, from 12.30pm -1.30pm

May 17, 2021 - 12.30pm

May 24, 2021 - 12.30pm

June 7, 2021 - 12.30pm

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJluceispzgoE9MRWEkAopAuROVMR46HkDxU>

Group 2:

Tuesdays, from 10.00am - 11.00am

May 18, 2021 - 10.00am

May 25, 2021 - 10.00am

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJMkc-CrrjwHdZEDwST8fnEMKAI TMmlshVg>

Group 3:

Tuesdays, 10.30am - 11.30am

May 18, 2021 - 10.30am

May 25, 2021 - 10.30am

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJApduirjwpE9MMzEw7AFm0t0tUccwqH5Ic>

Group 4:

Wednesdays, 12.00pm - 1.00pm

May 12, 2021 - 12.00pm

May 19, 2021 - 12.00pm

May 26, 2021 - 12.00pm

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJ0tc-uuqT4jHtxKt1GUZs8B8ephVbgu_zhW

Group 5:

Wednesdays, 5.00pm - 6.00pm

May 12, 2021 - 5.00pm

May 19, 2021 - 5.00pm

May 26, 2021 - 5.00pm

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJlsc-2vqj8iGtE523rbuwprq4MMTs4eQtYt>

Group 6:

Thursdays, 10.00am - 11.00am

May 13, 2021 - 10.00am

May 20, 2021 - 10.00am

May 27, 2021 - 10.00am

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJApd-2hrDstE9yuFOmZ4epfNniOPqi90RFe>

Group 7:

Thursdays, 12.00pm - 1.00pm

May 13, 2021 - 12.00pm

May 20, 2021 - 12.00pm

May 27, 2021 - 12.00pm

Register in advance for this meeting: https://annafreud.zoom.us/meeting/register/tJYsde-vpzssH90pQyFKtOZZVoagaH_9AC5k

If you have any questions or you would like to find out more, please contact Laura, Support Services Manager, via:

E-mail: [**trisspace@annafreud.org**](mailto:trisspace@annafreud.org)

Telephone: **07776 760 957**

The Privacy Notice for the service is available on the Anna Freud Centre website: [**see the Privacy Notice for parent groups \(short version\)**](#)