

Parent/Carer Support Offer

Our school is offering support for parents and carers commencing January 2021 in the form of a four session programme of reflective groups led by a trained facilitator. The theme of the group beginning in January is 'managing adolescent emotions.' The sessions will provide some knowledge and understanding of adolescent development and strategies to support your child through these challenging 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 sessions will take place online using the online platform Zoom and registration will be required in advance. Please note that places are limited and will be available on a first come, first served basis. Registrations will be closed 24 hours ahead of the group start. If there is not sufficient interest then the group will not run and registrants will be advised.

Each group session will run for an hour on the following days:

Tues 12th Jan, 2021 - 2pm-3pm
Tues 19th Jan, 2021 - 2pm-3pm
Tues 26th Jan, 2021 - 2pm-3pm
Tues 2nd Feb, 2021 - 2pm-3pm

Please use the following link to register for the four week programme:

<https://annafreud.zoom.us/meeting/register/tJIVd-CurjIjH9ekIPI3D-xKKY52yDEQ-KVs>

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

Email: [**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 \(short version\)**](#)