

Woodrow First School staff and members of the NHS "Wellbeing & Emotional Support Team" would like to invite you to a meeting to find out more about "General mental health awareness for parents & carers".

WHEN?

Thursday 25 January at
9.00am

WHERE?

School hall

WHO?

All parents but especially those
who have children on the
SEN Register

Does your child
have lots going on
in their head?

Does your
child get
anxious about
things?

Do you worry about
your child but not
know how to help
them?

Does your child
often seem sad or
low in mood?

Do you not
know where to
turn to for
help?

Would you like to know
more about the signs
and symptoms of low
level mental health
issues?

Would you like to
meet with other
parents who have
similar worries?



If you answered YES to any of these questions then this meeting could be helpful to you.

If you would like to attend this session please complete and return the slip below as soon as possible.

If you have any questions please do not hesitate to pop in and see Mrs Ryall or Mrs Hardisty.

We look forward to seeing as many of you as possible for an interesting morning, a cuppa & cake and a chat.

Mrs Ryall & Mrs Hardisty

✂.....

Child's name _____

Class _____

I am planning on coming to the 'General Mental Health Awareness for parents and carers' on Thursday 25 January at 9.00am.

Name of person attending _____