Parent Workshops
with MindMate Support Team

Join us for a series of supportive workshops for parents, led by the MindMate Support Team.

- Gain practical advice and strategies
- A safe space to learn and ask questions
- Build confidence and support your child
- Connect with other parents in our school community

Thursday 5th November 9am	**Understanding & Managing Emotions**
Thursday 19th November 9am	**Promoting Healthy Sleep**
Thursday 26th November 9am	**Mental Health Awareness**
Thursday 3rd December 9am	**Anxiety**
Thursday 10th December 9am	**Resilience**

Parent feedback last academic year was incredibly positive!

"A safe space to learn and ask questions."

PowerPoint slides will also be provided.

All workshops will take place in the School Hall.

Refreshments will be available.

All parents and carers are very welcome!

St Francis of Assisi Catholic Primary School

We look forward to seeing you there.

MindMate Support Team