

PARENTS' EVENING ALERT!

SUPPORTING PARENTS, SUPPORTING CHILDREN

Your Mental Health Support Team is
Here for You!



Are you a parent of a primary school child?

We understand parenting can be challenging.
Our Mental Health Support Team is here to help you:

- ✓ Managing stress and anxiety
- ✓ Building positive routines
- ✓ Supporting your child's emotional wellbeing

**Do you have a question OR worry about your children's routine,
sleep, behaviour or emotional wellbeing?**

Amy is our Children & Young People's Wellbeing Practitioner.

**No need to book for an appointment! Find Amy in the main office
area between 3:15 and 4:30 during parents' evening!**