

The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents. The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Upcoming Sessions Face to Face at Padstow School
Thursday 23rd May 2024 9am - 10am

Please note: This group is open to parents of children aged from Year 1 to Year 6

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/YNPCq6pSZH>



Sign up will close on Thursday 16th May