

Dear Parent/Carer,

The NHS Mental Health Support Team who work across school in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. Dates and times for the four topics offered are as follows:

Webinar topic	Date	Time
1) Managing parent and carer worries	Friday 28 th May	9.30 to 10:30 Q and A 10:30 to 11.00
2) Managing children's worries	Friday 11 th of June	9.30 to 10:30 Q and A 10:30 to 11.00
3a) Supporting transition to secondary school option A	Friday 18 th June	9.30 to 10:30 Q and A 10:30 to 11.00
3b) Supporting transition to secondary school option B	Friday 25 th June	9.30 to 10:30 Q and A 10:30 to 11.00
4) Routine and summer activities	Friday 2 nd July	9.30 to 10:30 Q and A 10:30 to 11.00

Each workshop will last up to 60 minutes, with an optional follow-up slot of 30 minutes for further questions for those parents that are interested. You can opt-in to all four workshops, or select one or more topics that most appeal to you. We offer two options of the same workshop on 'Supporting Transition to Secondary School'. You can select:

Option A - Friday 18th June, 9.30 to 10:30 (Q and A 10:30 to 11.00)

OR

Option B - Friday 25th June, 9.30 to 10:30 (Q and A 10:30 to 11.00)

To find out more information and to register for any of the workshops for free, please go to the Eventbrite webpage at: <https://www.eventbrite.co.uk/e/mhst-parent-and-carer-wellbeing-webinar-series-tickets-154740568205>

We look forward to seeing you!

With warm wishes,

Sarah Relton (Child, Adolescent and Educational Psychologist)
Alessia Potere (Counselling Psychologist)