



HOLY TRINITY & S. SILAS COFE PRIMARY SCHOOL
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12th October 2020

Dear Parent/Carer,

Parent webinars: mental health and well-being

The NHS mental health support team who work within our school and many others in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden, running in October and November:

The series will include the following online workshops:

- **Understanding and supporting your child's worries - Friday 16th October, 11am**
- **Sleep Hygiene - Friday 23rd October, 11am**
- **'Good enough' parent and child interactions - Friday 6th November, 11am**

Each workshop will last up to 60 minutes and will have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for multiple sessions, or whichever most appeals to you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parent-webinar-series-tickets-120026866589>.

We look forward to seeing you!

With best wishes

Rosie Everitt
MHST School Practitioner
(Mental Health Service Team)

Kate Arnison
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