

# Faringdon Infant School

Part of the Faringdon Learning Trust

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*Future of Faringdon; Including all; Supporting everyone to grow*

23<sup>rd</sup> April 2021

Dear Parents and Carers

## Emotional Health – You and your family

We are very excited to be able to offer our parents a super opportunity to attend a supportive series of group sessions all about supporting the emotional health of you and your family.. The programme, run by Abingdon College, is completely free of charge, and runs for just 90 minutes every Friday afternoon for a period of 4 weeks.

The group is kept to a small number to cater for and respond to the needs of the families that wish to attend and you can join remotely from the comfort of your own home! After the challenges of the last year, we are well aware of the pressures placed on family life and emotional health and we highly recommend this fabulous, free opportunity.

### **What will be included?**

#### Emotional Health- you and your family

- Taking care of our family's emotional health & nurturing ourselves
- Enhancing self-esteem and empathy with our children
- Understanding and responding to difficult feelings – our own and our children's
- Exploring the benefits of praising and positive parenting.

### **Dates, Times and Venue:**

7th May, 14th May, 21st May and 28th May

1:00 - 2:30

Virtual group using Zoom/Teams (tbc)

If you would like a place on this programme, please contact me on the email address below or speak to your child's class teacher. Remaining places are limited, so get in touch ASAP to secure your space!

**[LAWright@fis.faringdonlearningtrust.org](mailto:LAWright@fis.faringdonlearningtrust.org)**

Best Wishes

*Laura Wright*

Pastoral Lead at FIS