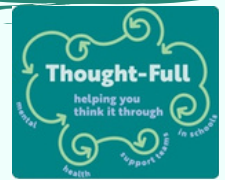


Hosted by
The Mill Primary
Academy
RH11 OEL

TRANSITIONS

Supporting your child with change



Parent Workshops by Thought-Full MHST



Is your child worried about moving to a new school or class?

Do you feel they worry **a lot**, or **too much**?

Is your child anxious about **change** in general?

If so, this course is for you!

Led by **Thought-Full** mental health support team, The Mill Primary Academy is hosting a parent workshop using evidence-based approaches to help you to better understand your child's worries and support their emotional wellbeing, especially during times of school transition and change from Y6, Y2 or any age.

Hosted in the Cafe

Mar

Wed



Feb

Feb



1:30-

2:30pm



**LEARN
ABOUT THE
BRAIN**



**SHARE
QUICK WINS**



**CONNECT
WITH OTHER
FAMILIES**

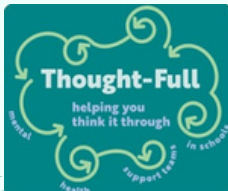


**GAIN
IDEAS**



**PROBLEM
SOLVE
TOGETHER**

Next to Ifield Station
Served by Bus #2 & #200
On street parking nearby
Disabled parking available



All Primary Aged

Year Groups Welcome

Please register with your school