



# Primary School Parent/Carer Support 2021/22

## 4 week Structured Programme

This 4 Week Structured Programme helps to give Primary School parents/carers some knowledge on how they can best support their children with their mental wellbeing.

Each session will be 1-hour long, consisting of 40 minutes of content followed by a further 20 minutes to answer any questions you might have.

You can sign-up to each of the individual sessions, but we would encourage you to sign-up to all four.

Topic	Date	Time	Location
<b>Emotional Literacy</b>	6 <sup>th</sup> Jan 22	6pm - 7pm	Ballakermeen High School
<b>Self Esteem</b>	13 <sup>th</sup> Jan 22	6pm - 7pm	Ballakermeen High School
<b>Positive Relationships</b>	20 <sup>th</sup> Jan 22	6pm - 7pm	Ballakermeen High School
<b>Coping Strategies</b>	27 <sup>th</sup> Jan 22	6pm - 7pm	Ballakermeen High School

We're here. Isle Listen.

