



Secondary School Parent/Carer Support 2021/22

4 week Structured Programme

The 4 Week Structured Programme gives Secondary School parents/carers the chance to learn about some common mental health issues that young people may experience.

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

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
Anxiety & Depression	3 th Mar 22	6pm - 7pm	St Ninians Upper School
Self Harm	10 th Mar 22	6pm - 7pm	St Ninians Upper School
Behavioural Activation	17 th Mar 22	6pm - 7pm	St Ninians Upper School
Resilience	24 th Mar 22	6pm - 7pm	St Ninians Upper School

We're here. Isle Listen.

