



## Are you a parent or carer of a child/young person with SEND 0-25

We are inviting you to join Charlotte and Nev to attend a series of one hour 'Toolkit' wellbeing series. Each session will be followed by a parent peer support session which will provide you with the space to share and be supported in a safe and private space

**This is all about YOU because you are important!**

During these challenging times, we need to be agile in our response to change, build resilience and maintain our own wellbeing as well as our children's.

**How does it work?** Each 1-hour session is delivered through a 'virtual training room' followed by the next week 1-hour parent peer support session

You can join any session, but you will gain much more from attending **all** sessions and meeting each week with likeminded parents.

**To register please click <https://greenwichparentsendlwellbeingsessions.eventbrite.co.uk>**

Any questions about the sessions or if you would like to know more about Greenwich Parent Participation Group, we would love to hear from you Carol 07852101492

Session details and dates Starting t Wednesday 20 <sup>th</sup> January 2021 10-11am	
Week 1 Wed 20th Jan 10-11am	Boosting confidence and self esteem Participants understand where confidence comes from and some simple practical steps to boost confidence and raise self esteem
Week 2 Wed 27th Jan 10-11am	Parent peer support week
Week 3 Wed 3rd Feb 10-11am.	Practising mindfulness techniques Participants are introduced to some simple mindfulness techniques and practice using them to promote relaxation
Half term Wed 10th Feb	<b>NO SESSION</b>
Week 4 15th -19th feb 10-11am	Parent peer support week
Week 5 Wed 24th Feb 10-11am.	Building confidence through small wins Participants understand the power of celebrating 'small wins' for building confidence and the importance of being your own cheerleader

<b>Week 6 Wed 3rd March.</b>  <b>10-11am</b>	<b>Parent peer support week</b>
<b>Week 7 Wed 10th March 10-11am</b>	<b>Balancing energy and prioritising relaxing Participants are introduced to the exhaustion funnel and the energy balancing scales and explore ways to make time for rest and relaxing</b>
<b>Week 8 Wed 17th March 10-11am</b>	<b>Parent peer support week</b>
<b>Week 9 Wed 24th March 10-11am</b>	<b>Exploring art and mindfulness Participants are introduced to mindfulness techniques through art therapy. *This is facilitated by an art therapist.</b>
<b>Week 10 Wed 31st March 10-11am</b>	<b>Parent peer support week</b>
<b>Easter Break 1st-16th April</b>	<b>NO sessions</b>
<b>Week 11 Wed 21st April</b>  <b>10-11am</b>	<b>Developing healthy sleep habits Participants understand the science behind sleep and how we can develop healthy sleep habits to improve our sleep quantity and quality</b>
<b>Week 12 Wed 28th April</b>  <b>10-11am</b>	<b>Parent peer session</b>