

SEND Coordinator  
Heath Fields Primary School  
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### Free Parent & Carer workshop: Learning more about Mental Health

We're delighted to invite you to our next FREE workshop 'Supporting the Parent & Carer: Learning more about Mental Health' taking place on Saturday 8<sup>th</sup> February, 9.30am – 4pm at Avon Park School in Rugby.

This popular and highly informative workshop, delivered by the ADHD Foundation, aims to further equip parents and carers with a toolkit of expert advice and support on child and adolescent mental health.

This event is brought to you by Avon Park School which is an independent, specialist day school in Rugby, providing high quality education for children between the ages of 5 and 16. The school is committed to giving children a creative, caring and innovative learning environment for them to achieve their full potential in their education and develop their social communication.

We hope you can join us for what promises to be a very insightful event, please feel free to pass this information onto any friends or family you think would also be interested in attending. Full details can be found on the enclosed flyer.

To book your place please visit our website on <https://witherslackgroup.co.uk/events/avonpark-mentalhealth>

We have also launched next year's regional parent and carer conference, taking place in Coventry on Wednesday 8<sup>th</sup> July 2020. This conference will help you understand, support and manage your child's behavior, give you strategies to help reduce anxiety and tips on coaching emotions. To book your place please visit <https://witherslackgroup.co.uk/events/midlands-conference>

For more information please contact myself or Rukiya on 015395 66081 or email [events@witherslackgroup.co.uk](mailto:events@witherslackgroup.co.uk).

Best wishes

Camilla Hannah  
Event Coordinator

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