



Freeman Avenue, Luton, Bedfordshire
LU3 4BL
Tel: 01582 617500
Email: office@bramingham.net
Website www.bramingham.net
Headteacher: Sharon Flowers

Meeting individual needs...to the best of our ability.

Thurs 21st November 2019

Dear Parents,

In this ever-changing world with the variety of stresses and demands placed on children and young people there is a greater need to focus on emotion wellbeing and mental health.

We are very fortunate to have a close working partnership with our local Child and Adolescent Mental Health Team (CAMH) and they have very kindly offered to run a session for parents.

This session will be an informal training session to develop an understanding about the emotional wellbeing of children and young people. Parents will have the chance to develop skills that they can use to support the wellbeing of their children. There will be two CAMHS practitioners to talk to, ask questions and get general advice and strategies to support your children.

The session will run on **Friday 6th December at 2.00pm** in the Family room.

Please indicate if you are attending the workshop by returning the slip below.

Kind regards,

Miss Legg and Mrs Altaf

I am interested in attending the Emotional Wellbeing session on Friday 6th December @ 2.00pm

Parent's name.....

Child's name.....Class.....

