

Tuesday 29th June 2021

Dear Parents/Carers,

Re. Parent Support Group programme

I am pleased to let you know that we have received information this afternoon from Havering Mind regarding new dates for their Parent Support Group programme. The programme is aimed at parents/carers who are struggling to support their young person (aged 11-25 years) with their mental health and well-being. Please see the attached flyer for more details.

The 6-week programme runs between 6.00pm and 8.00pm and commences on Wednesday 30th June. The programme continues until Wednesday 4th August. The programme is run virtually via Zoom. To register to attend, please email youngadults@haveringmind.org.uk or call on 01708 457040.

Through the Parent Support Group, Havering Mind will provide advice, reassurance and tips/techniques on topics such as communication, self-care, increased resilience and coping mechanisms. Attendees may share their thoughts/feelings, without any pressure or judgement, and will meet other parents/carers that are going through similar challenges.

Parents/carers who attended the first programme have shared the following feedback:

- *Even though you know a lot of people are going through something similar to yourself, it makes a difference when you hear them talk about it. Also listening to other people's tried and tested ideas.*
- *It was nice that the group are bonding really well and have a laugh, the whole thing is nice and relaxed.*
- *I'm not alone - there is more support out there than I realised.*
- *Very inclusive and beneficial sessions.*

If you have any questions about the programme or support available, please email the project lead at youngadults@haveringmind.org.uk

With my kind regards.



Munira Said
Assistant Headteacher

Struggling to support a young person (11-25yrs) with their mental health?

Do you live in Havering or Barking & Dagenham?

Keen to meet other parents with similar challenges?

Open to sharing your thoughts/feelings to reduce anxiety/stress?

Need advice, reassurance and tips for increased resilience?

If yes, then come along to the Havering Mind



For parents of young people (11-25yrs) with mental challenges

Wednesdays, 6 - 8pm (via Zoom)

A 6 week programme starting Wednesday 30th June 2021

To register, please send your contact details to youngadults@haveringmind.org.uk and we will be in touch or call 01708 457040

 **mind**
Havering, Barking
and Dagenham

Charity No: 1108470