

Wednesday 10<sup>th</sup> January 2024

Dear parents and carers,

Happy New Year! I hope that you have all had a wonderful break. We have a great opportunity to share with you all. We are going to be hosting a Peaceful Parenting workshop that is facilitated by Dr Maureen Taylor, who works for Mustard Seed, who are a counselling service that support our children here at Cloudside.

There will be 4 sessions running from 9am-12pm on Thursday 8<sup>th</sup> February, Thursday 15<sup>th</sup> February, Thursday 29<sup>th</sup> February and Thursday 8<sup>th</sup> March. We can offer up to 30 places on this 4 session workshop and you will need to commit to all 4 sessions. The four sessions will be focused around: How to support a child with their overall wellbeing, helping your child build coping strategies, helping build resilience, helping children to manage change and creating and maintaining safe boundaries.

This will be a great opportunity to work with other parents and Dr Maureen to learn ways that you can support your child if and when they are feeling overwhelmed or struggling with anxiety. You will be able to share your experiences and gain advice, while being shown some effective strategies. There is no cost to this workshop, all we require is a commitment to the all 4 sessions.

If you would like a place on this workshop or would like to discuss this further, please contact Miss Wilson or Miss Milson via [info@cloudsideacademy.co.uk](mailto:info@cloudsideacademy.co.uk)

Kind regards



**Miss Jodie Milson- Head of School**