



7 December 2020

Dear Parent/Carer

Building Resilience Parenting Programme 2021

We are delighted to be able to offer you the opportunity to join our new **Building Resilience Parenting Programme**. This will take place in school and will involve a variety of courses, drop ins, events and activities which will be held throughout the year.

The first course will start early 2021 and will focus on a practical programme to share and develop skills and parenting in the challenging teenage years. Everybody is welcome to attend; as we all know when you become a parent or carer there is no handbook!

The course will run for 2 hours each week for 6 weeks, and will be free of charge. The group will be small, informal and refreshments will be served. Parents and carers will get the opportunity to share experiences, learn new skills or just listen.

If you are interested, please fill in the form below. We will contact you once we have finalised the details. I do hope you will be able to attend.

Yours sincerely,

C Mclean

Chrissy Mclean
Attendance and Family Support Manager

Please return form to school or contact us by email or phone by 15th January 2021.

I would like to reserve a place on the Building Resilience Parenting Programme.

The best day for me to attend is

in the morning / afternoon (please delete)

Name(s)

Contact no.

Child's name