



# HIGHFIELD COMMUNITY PRIMARY SCHOOL

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## Happy Families

Dear Parents and Carers,

You are invited to attend a series of 'Youth Connect 5' workshops at Blacon High School. This free course is run every **Wednesday from 8<sup>th</sup> November for 5 weeks at 10.00am – 12.00pm.**

The course content will cover:

- Understanding young people's mental health
- Thinking about what makes us thrive
- Understanding why we feel the way we do
- Developing skills to support our children
- Developing family resilience

Refreshments will be available. Unfortunately there will be no crèche facilities. Please express your interest in attending by completing and returning the section below by Friday 29<sup>th</sup> September. I look forward to seeing you there.

Regards,

<b>Carole Hynes</b>	<b>Steve Webster</b>
<b>Learning Mentor</b>	<b>Family Support</b>
<b>Highfield Primary</b>	<b>Blacon High School</b>

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I ..... (name) am interested in attending this workshop.

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

