



Reading Girls' School Wellbeing Workshops

Support for Parents/Carers of Secondary Students in Reading

We are delighted to offer parents/carers the opportunities to attend a series of workshops, delivered by our external professionals such as our Educational Psychologist (EP) and Speech Therapist (SALT). You will have the opportunity to get a better insight into the range of difficulties that our young people may be facing, as well as gaining additional supportive strategies.

We would be delighted to welcome you to one, or all of our workshops.

Date	Workshop Title	Workshop Summary	Workshop Lead
30/01/2020	Anxiety	An introduction to anxiety; how your child might present and how you can help.	EP
04/02/2020	Sleep & Wellbeing	An exploration of healthy sleeping habits and ways to support daily wellbeing.	SENCO
27/02/2020	Eating Disorders	An introduction to eating disorders; how to give and get the right support.	EP
24/03/2020	Social Media & Staying Safe	An exploration of social media and how you can help to keep your child safe online.	EP
23/04/2020	The Teenage Brain	An introduction into how the teenage brain develops.	EP & SALT
05/05/2020	Managing Exam Anxiety	An exploration of effective strategies to support your child throughout the exam period.	SENCO
19/05/2020	Coping with Self-Harm	An introduction to self-harm; how to identify if your child is struggling and how to help.	EP
23/06/2020	Managing Mood	An introduction to low mood and depression; identifying the signs if your child is feeling low and how you can help.	EP
02/07/2020	Talking with your Teenager	Exploring how our language can improve our communication with teenagers.	SALT

Workshops can be booked through our school website, via the link below:

https://forms.office.com/Pages/ResponsePage.aspx?id=43xj7014Akm_yU2cUvfYNr5Rvev8M25Lh8iXv2tG7IBUQjhBNlcyVEkzTiNUQURHN1FZMUZNMExWUi4u

Or by scanning the QR code below –



Time	Venue
All workshops will be from 9:30 – 11:00	Reading Girls' School Northumberland Avenue RG2 7PY Tel: 0118 986 1336

Light refreshments will be provided.

Please contact **Kimika Gardner**, if you have any queries.