**Therapist invitation.**

We know things can get on top of us these days and some minor issues can seem huge. Sometimes it is good to be able to share worries and realise that we are not alone.

Our school-based Therapist is offering a creative, open discussion group for parents/carers on Thursdays after school.

**Dates to be confirmed once we know who would like to join us.**

It is an opportunity for adults to share any worries about life after lockdown, coping with family life and day to day issues.

Please let us know if you would like to join a session by returning the slip to the school office by Friday 10th December.

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Yes. I would like to attend the group on Thursdays.

Name …………………………………………………………………….

Contact number ………………………………………………………………

NB: if you are wanting to attend and need support with your children please let us know.