

Wellbeing Workshops 2020

TO SUPPORT PARENTS AND CARERS OF SECONDARY SCHOOL STUDENTS



We know that raising a teenager can be challenging and so this series of workshops has been designed to give you support with the issues you would like a little help with and to bring together those in a similar situation. Believe us, you are not alone.

Each session will be led by a counsellor from Derwent Rural Counselling Service who will suggest strategies and give advice based upon the questions and discussions of those present.



Derwent Rural Counselling
Service



Wellbeing Workshops 2020

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Workshops available:

Managing Anxiety (parents/carers of Y7-13)

Session 1- 12/02/2020, 6-7pm

Venue: Poppy Restaurant, Haig Club, (Ex-Serviceman's Club), Market Place, Ashbourne

Support for Parents/Carers of Students on the Autistic Spectrum

Session 2 – 12/03/2020, 6-7pm

Venue: Q.E.G.S. Library (accessed via Main Reception)

Supporting Students with Exam and Assessment Pressures (parents/carers of Y10-13)

Session 3 – 22/04/2020, 6-7pm

Venue: Empire Hall, King Edward St, DE6 1BW

'Positive Parenting': Managing the Transition to Young Adulthood

(parents/carers Y8-12)

Session 4 – 12/05/2020, 6-7pm

Venue: Q.E.G.S. Library (accessed via Main Reception)

Living with Hormones: Anger, Mood Swings, Lack of Communication, Introversion (parents/carers of Y8-12)

Session 5 – 03/06/2020, 6-7pm

Venue: Empire Hall, King Edward St, DE6 1BW

Supporting Your teenager to Build Resilience and Wellbeing (parents/carers of Y6-9)

Session 6 – 01/07/2020, 6-7pm

Venue: Q.E.G.S. Main Hall

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FOR TICKETS Search for 'Wellbeing Workshops Ashbourne' on www.ticketsource.co.uk
Tickets (£3) will be released two weeks before each workshop.



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