

Parent support from the Schools Wellbeing Service

Support offer	Who is this for?	When
Sleep workshop (Primary)	This a session for parent/carers and children to look at sleep patterns and supporting a healthy approach to sleep.	This will be over two consecutive Fridays, 1 st and 8 th May at 11.00-11.45
Catch up coffee mornings	Parents who are feeling isolated or just need to chat a few things over. This would be a small group and facilitated by a PMHW and an SEMH practioner	Tuesdays 10.30 to 11.30 Wednesday 2.00-3.00
Parent anxiety workshop (years 5 and 6)	This is a session to support parents in understanding anxiety	Friday 1 st May at 10.30-11.30
Parent workshop around low mood	A brief presentation for parents and carers, exploring the link between low-mood and life events. For those wanting to understand and explore some of the supportive approaches that can be used	Tue 5th May 1pm-2pm Tue 12th May 11am-12pm.

Interested parents to please email the Schools Wellbeing Service Consultation Line SWSConsultationLine@brighton-hove.gov.uk in order to register. These will be small groups and will be on Face Time or What's app, depending on access.