



# MINDFULNESS

## About the course:

- 8-week online course learning mindfulness skills
- There are different practices each week that build upon each other with home practice invitations too.
- The full group will run in spring 2024 so **if you are interested in hearing more, please scan the QR code to register your interest in our Online Mindfulness Course Taster Session at 1-1:30pm on 16/1/24**

# MBCT Mindfulness Based Cognitive Therapy



## Benefits of MBCT:

- Developing a better understanding of the patterns of the mind, moment to moment.
- Feeling better able to face distressing thoughts and feelings.
- Recognising early warning signs of low mood and take helpful action.
- Recognising when striving to 'fix' certain emotions/mood states.
- Building acceptance and gently making skilful choices to best take care of yourself.



# Secondary parent/carer workshops

## **Mental Health Support Team (MHST) Children's emotional health and wellbeing workshop for parents and carers (secondary age)**

This one hour interactive workshop aims to provide parents and carers with an understanding of common mental health difficulties in young people. We will explore common mental health difficulties such as anxiety and depression, and how these might present in school and at home. We will also explore how you can support a young person's mental health and what the MHST may be able to offer.

This MS Teams workshop will be offered three times throughout the academic year, giving parents multiple opportunities to attend. The dates are below.

26<sup>th</sup> September 2023      time 6-7.15 pm  
16<sup>th</sup> January 2024        time 6-7.15 pm  
23<sup>rd</sup> April 2024         time 6-7.15 pm

## **Mental Health Support Team (MHST) Understanding Your Teen**

This 1.5 hour workshop aims to help parents and carers navigate the challenges they face as a parent of a teenager, and help them realise that they are not alone! This workshop will give information, advice, and reassurance around teenage psychological development, risk taking with teenagers, and communication and brain changes.

This MS Teams workshop will be offered three times throughout the academic year, giving parents multiple opportunities to attend. The dates are below.

18<sup>th</sup> October 2023      time 6-7.30 pm  
27<sup>th</sup> February 2024    time 6-7.30 pm  
21<sup>st</sup> May 2024         time 6-7.30 pm

## **Mental Health Support Team (MHST) Self Harm: Information Session**

This is a 1-1.5 hour informal workshop teaching parents and carers about self-harm, the signs to look out for, and helpful strategies to use in supporting young people.

This MS Teams workshop will be offered three times throughout the academic year, giving parents multiple opportunities to attend. The dates are below.

28<sup>th</sup> November 2023    time 6-7.30 pm  
21<sup>st</sup> March 2024        time 6-7.30 pm  
25<sup>th</sup> June 2024         time 6-7.30 pm

If parents and carers feel they would like to attend any of these workshops, please advise the school so that the relevant MS Teams link.