

Parent/Carer Support Offer

Our school is offering support for parents and carers commencing in the form of a 5-week online group led by a trained facilitator and starting in the week of 26th April. There are 7 groups on offer running for 1 hour on different days and times.

This support is provided by Anna Freud National Centre for Children and Families (AFNCCF), a national charity for children and families with extensive involvement in supporting schools.

The groups aim to provide a reflective space to think about the challenges of parenting adolescents as well as a space for you as parents to reflect on how you are, which we think is just as important. The groups are not webinars and they are also not therapy, but rather aim to support parental emotional wellbeing and the connection between parents/carers and their teens. It is an interactive group with a mixture of teaching and discussion to structure the reflective space.

In the first of the five weeks, an online "coffee meeting" will be held, meaning any parent/carers interested in the group can attend to hear what the group is all about, to meet the group facilitator and other parents/carers and to ask questions. This is to ensure you have all the information needed to decide whether the group is for you.

These parents groups have been running since January 2021 and have been very positively received. Feedback from parents has included: "I think it was perfectly pitched and I felt supported and listened to. A big thank you." "I have been telling people to go to the group if it is offered again – the value is not just in meeting other parents - it is in the tools shared- the most helpful - the emotional thermometer".

We would be delighted to welcome you to one of the groups.

The sessions will take place online using the online platform Zoom and registration will be required in advance.

The following group times are available:

Group 1:

Mondays at 12:30 -13:30

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJIuceispzgoE9MRWEkAopAuROVMR46HkDxU>

Every week on Mon, 5 occurrence(s)

Apr 26, 2021 12:30 PM

May 10, 2021 12:30 PM

May 17, 2021 12:30 PM

May 24, 2021 12:30 PM

Jun 7, 2021 12:30 PM

Group 2:

Tuesdays at 10:00 AM – 11:00AM

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJMkc-CrrjwHdZEDwST8fnEMKAiTMmlshVq>

Every week on Tue, 5 occurrence(s)

Apr 27, 2021 10:00 AM

May 4, 2021 10:00 AM

May 11, 2021 10:00 AM

May 18, 2021 10:00 AM

May 25, 2021 10:00 AM

Group 3:

Tuesdays at 10:30 AM – 11:30AM

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJApduirjwpE9MMzEw7AFm0t0tUc-cwqH5Ic>

Every week on Tue, 5 occurrence(s)

Apr 27, 2021 10:30 AM

May 4, 2021 10:30 AM

May 11, 2021 10:30 AM

May 18, 2021 10:30 AM

May 25, 2021 10:30 AM

Group 4:

Wednesdays at 12:00 PM – 1:00PM

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJ0tc-uuqT4jHtxKt1GUZs8B8ephVbgu_zhW

Every week on Wed, 5 occurrence(s)

Apr 28, 2021 12:00 PM
May 5, 2021 12:00 PM
May 12, 2021 12:00 PM
May 19, 2021 12:00 PM
May 26, 2021 12:00 PM

Group 5:

Wednesdays at 5:00 PM – 6:00PM

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJIsc-2vqj8iGtE523rbuwprq4MMTs4eQtYt>

Every week on Wed, 5 occurrence(s)
Apr 28, 2021 05:00 PM
May 5, 2021 05:00 PM
May 12, 2021 05:00 PM
May 19, 2021 05:00 PM
May 26, 2021 05:00 PM

Group 6:

Thursdays at 10:00 AM – 11:00 AM

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJApd-2hrDstE9yuFOmZ4epfNniOPqi90RFe>

Every week on Thu, 5 occurrence(s)
Apr 29, 2021 10:00 AM
May 6, 2021 10:00 AM
May 13, 2021 10:00 AM
May 20, 2021 10:00 AM
May 27, 2021 10:00 AM

Group 7:

Thursdays at 12:00 PM – 1:00 PM

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJYsde-vpzssH90pQyFKtOZZVoagaH_9AC5k

Every week on Thu, 5 occurrence(s)
Apr 29, 2021 12:00 PM

May 6, 2021 12:00 PM
May 13, 2021 12:00 PM
May 20, 2021 12:00 PM
May 27, 2021 12:00 PM

If you have any questions or to find out more, please contact Laura, Support Services Manager:

Email: **trisspace@annafreud.org**

Telephone: **07776 760 957**

The Privacy Notice for the service is available on the Anna Freud Centre website:
[see the privacy notice for parent groups \(short version\)](#)