



Anna Freud Schools Support Service

Information regarding Parents and Carers groups

January and February 2022

Dear Parents/Carers,

We would like to invite you to attend a 4-week online "**Connecting Parents and Carers**" group, **starting in the week of 24th January 2022**, in collaboration with the Anna Freud Centre Schools Support Service.

- There are 5 groups on offer running for 1 hour on different days and times. Each group will be offered to parents/carers from a variety of secondary schools and will be closed once at capacity (max. 12 spaces per group). However, more groups will be offered after half-term to ensure that every parent/carer interested will be able to access a group.
- We also offer 1 group specifically for Dads and male carers which will be on Wednesdays at 7-8pm. You can find the link to register below, the structure of the group is the same as the one for all parents/carers. More information is provided in a separate advert.
- The "Connecting parents and carers" groups aim to provide a reflective space to think about the challenges of parenting adolescents, as well as a space for you as parents/carers to attend to your own wellbeing 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. They are interactive groups with a mixture of teaching and discussion to structure the reflective space.
- **In the week of 17th January**, one week before the groups start, an online introduction meeting will be held by each group facilitator on the day and the time their group will run, meaning any parent/carer interested in the group can attend to hear what the group is all about, to meet the group facilitator and to ask questions. This is to ensure you have all the information needed to decide whether the group is for you. After that, you will be asked to register for the actual group and places will be allocated on a first come first serve basis.
- To **register for the introduction meeting, please select the relevant group and click on the zoom registration link.**
 - Monday 17th January 12-1pm
https://annafreud.zoom.us/meeting/register/tJMkduqpqzIrE9VhcukIquQJ4zh_EMGyj1ii
 - Tuesday 18th January 1-2pm
https://annafreud.zoom.us/meeting/register/tJYvceiurTkuHt1WOX_m7Hoe7pRqbpsG3WI5

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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- Wednesday 19th January 12-1pm
https://annafreud.zoom.us/meeting/register/tJUtcu6gqz8jE9MjMdjN_xrPZSvLx_dNhLUI
 - Wednesday 19th January 5.30-6.30pm
<https://annafreud.zoom.us/meeting/register/tJYrduypqjkhTyWdJvcsXbCvIYDvN355ncX>
 - Wednesday 19th January 7-8pm (**group for Dads and male carers**) -
https://annafreud.zoom.us/meeting/register/tJwkcO-rrDkiG9GvE4AkNs_Dny9N1WHHBnYB
 - Thursday 20th January 12-1pm
<https://annafreud.zoom.us/meeting/register/tJMud-6pqj0oHdKiFJHDoo1RTPaFMUEh2Au8>
- These “Connecting Parents and Carers” 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.”
 - “Very reassuring to hear so many parents of teens telling very similar tales of struggle.”
 - “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”.

The Privacy Notice for this service is available on the AFNCCF website: https://www.annafreud.org/media/14408/privacy-notice-schools-support-service_aug-2021.pdf

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