

## **Anna Freud Centre's Schools and Colleges Support Service**

### **Information regarding Parents and Carers groups (April/May 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 9th May 2022**, in collaboration with the Anna Freud Centre Schools Support Service. The groups will run for 3 consecutive weeks, with a break during half term and the last group session taking place in the week of 6<sup>th</sup> June 2022.

- There are **5 closed 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, so hopefully every parent/carer interested will be able to access a group.
- In addition to the 5 groups, we also offer one 4-week **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 3rd May 2022**, 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. **The exception to this** is the Monday group for which the coffee meeting **will be held on 25<sup>th</sup> April 2022**.

**To register for the introduction meeting, please select the relevant group and click on the zoom registration link.**

1. Monday 25<sup>th</sup> April 12-1pm

*Registration link:*

<https://annafreud.zoom.us/meeting/register/tJIpdeurrTguH9OwjtVIG8wnJQNIPH-iD6eR>

2. Tuesday 3 May 1-2pm

*Registration link:*

[https://annafreud.zoom.us/meeting/register/tJYpduigqDsqG9AMhwpsXacO\\_mGVike3w24E](https://annafreud.zoom.us/meeting/register/tJYpduigqDsqG9AMhwpsXacO_mGVike3w24E)

3. Tuesday 3 May 7-8pm

*Registration link:*

<https://annafreud.zoom.us/meeting/register/tJMude6tqzktHtUqjbWjzbAPXA9udfIhChRn>

4. Wednesday 4 May 12-1pm

*Registration link:* <https://annafreud.zoom.us/meeting/register/tJArdutpz0iH9JXOT0oUnvQ8Y5HHEDgGyfZ>

5. Wednesday 4 May 7-8pm (**group for Dads and male carers**)

*Registration link:*

<https://annafreud.zoom.us/meeting/register/tJYpcemuqjouEtMHbE7SVRux3qW2MduzF6kV>

6. Thursday 5 May 5-6pm

*Registration link:*

<https://annafreud.zoom.us/meeting/register/tJcrdemhqD8qE9IL92gTWIuIgPaFXyHKPoQ5>

To confirm the dates of the groups would be:

1. Monday 9, 16, 23 May and after half-term 6 June 12-1pm
2. Tuesday 10, 17, 24 May and after half-term 7 June 1-2pm
3. Tuesday 10, 17, 24 May and after half-term 7 June 7-8pm
4. Wednesday 11, 18, 25 May and after half-term 8 June 12-1pm
5. Wednesday 11, 18, 25 May and after half-term 8 June 7-8pm (**group for Dads and male carers**)
6. Thursday 12, 19, 26 May and after half-term 9 June 5-6pm

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

The Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

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/your-privacy/>

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