

SUPPORT FOR PARENTS PROGRAM AT MANOR GREEN SCHOOL

'Helping Parents understanding of mental/emotional health in young people'

In response to the demand and need Number 22 Counselling Service are launching our Parent Program to work with local schools to support parents.

The purpose of the course is to help parents gain a greater understanding of the various challenges, stressors and pressures that are affecting Young Peoples' Mental/Emotional Health & Wellbeing.

The following provides an outline of what the program will offer:

- *Understanding Mental Health V Mental ill Health - statistics and recovery
- *Vulnerabilities - what increases the risk of Mental Health struggles & protective factors
- *Fundamentals to sustaining 'good' health / resilience Frame of Reference - Listening and Empathy
- *Use of Language –Mindset, Empowering Young People / Enabling Change/ Counselling - considerations / options
- *Teenage behaviour - usual / 'not' so usual, Being a Role Model , reflecting on how we respond
- *Social Media -discipline/self-care

The above list will be a mixture of sharing information, group discussions and breaking into groups (break out rooms if online).

The program will run for 6 weeks. The groups will be held at school or online and each session will be 1 hour 15 mins. Start date to be confirmed but group will run on a Wednesday afternoon – this is open to all of our parents/carers of students.

Please contact Sharon Carrigan if you would like to discuss further
sharon.carrigan@manorgreenschool.co.uk
07377 800285