



St Patrick's Catholic Primary School, Dipton

North Road, Flint Hill, Dipton, Stanley, Co. Durham, DH9 9BB. Tel: 01207570316
E-mail: stpd@stpd.bwcet.com Website: <http://www.dipton.durham.sch.uk/>
Headteacher: Mrs J Burgess
We follow in Christ's footsteps



Wednesday 2nd November 2022

Dear Parent / Guardian

Emotional Wellbeing Workshop for Parents – Thursday 10th November

Live Well North East will be delivering a workshop for parents with information and techniques to support your child's emotional wellbeing.

The aim will be to help children and adults learn about their emotions, how to manage them and to promote esteem, confidence, self-awareness and wellbeing.

The team will be showing you techniques and strategies to support your child, as well as providing information about general wellbeing, resilience and ways to promote positive mental health. There will be opportunities to discuss specific challenges and learn more about what the organisation does.

The Live Well team are highly experienced practitioners and this session would be beneficial to any parent/carer in terms of navigating the often-challenging area of emotional wellbeing. Please consider attending if you are free.

The session will take place at St Patrick's Primary School, Dipton 9.15am – 11.15am on 10th November and is open to parents and carers from both St Patrick's and St Joseph's schools. There will be a presentation first followed by refreshments and an opportunity for more informal discussions afterwards. If you do wish to attend, [*Please click here to confirm your attendance*](#) by Wednesday 9th November 12 noon so we have an idea of numbers. When attending the session, do not drive onto school. Please park off site and walk onto the school grounds and the main reception. From there, you will be directed into the school hall. We hope to see you there.

Kind regards
Mrs Burgess
Executive Head teacher

IF YOU HAVE DIFFICULTY IN READING OR INTERPRETING THIS DOCUMENT PLEASE CALL 01207 570316

