

Dear Parents,

Our school is incredibly lucky to be working alongside the NHS as part of a mental health trailblazer. As some of you may know, Izzy Stokes, an NHS trained mental health professional, is working directly with our families at DPA. Izzy will be running two workshops for **parents** via zoom - these are detailed below for you to access if you would like to.

Understanding My Child's Behaviour - Tuesday 13th October - 1pm-2pm
<https://zoom.us/j/95675969464>

Understanding Your Child's Anxiety - Tuesday 10th November - 1pm-2pm
<https://zoom.us/j/94998865345>

I hope that you find these workshops useful and I would love to hear any feedback you might have after the sessions.

Miss Clark
EYFS and Wellbeing Lead