



Littledown Parent Group

Marina Morgan-Gynn, Senior Psychological
Therapist/Drama Therapist
Charlotte Morton, Clinical Psychologist
CAMHS Mental Health Support Team Slough



You are invited to join us on Friday Mornings for coffee, biscuits and a chat with other parents as part of a relaxed, informal group which is open to all parents/carers of pupils at Littledown School.

We will be joined by Marina Morgan-Gynn (Senior Psychological Therapist/Drama therapist) and Charlotte Morton (Clinical Psychologist), who work closely with Littledown School to support student's emotional wellbeing.

In this group, we will share information and practical strategies, along with opportunities for discussion, Q&A and confidential sharing of tips/experiences between parents.

You are welcome to come along, take part or just listen. The group will initially run for 6 weeks but you don't have to attend every week.

Some of the main themes we hope to explore include:

- ✓ Introduction to emotion regulation
- ✓ How to relate more effectively to your child and to yourself
 - ✓ How to understand and manage children's distress
- ✓ Effective ways of working with your child and systems around you
 - ✓ Ways to promote your own wellbeing and manage stress

Dates and Times:

- Week 1 – Friday 16th September at 11:00 to 12:30
- Week 2 - Friday 23rd September at 11:00 to 12:30
- Week 3 - Friday 30th September at 11:00 to 12:30
 - Week 4 - Friday 7th October at 11:00 to 12:30
 - Week 5 - Friday 14th October at 11:00 to 12:30
 - Week 6 – Friday 21st October at 11:00 to 12:30

If you would like to attend the group, please contact Sally Trevena or Hannah Gugan to register your interest