



12 November 2020

Dear Parent/Carer

Parent Webinars – Helping Children with Fears and Worries

We are delighted to work closely with Bromley Wellbeing Service and the Trailblazers Project. Please see below information about webinars available to parents to support your son's mental health. The purpose of the webinar is to:

- Understand more about anxiety in children
- Consider strategies for that that can help to manage fears and worries, and build confidence at this challenging and uncertain time
- Learn more about local services for further support

The webinars will be delivered online via Microsoft Teams and will be facilitated by practitioners from Bromley Y. To ensure the smooth running of the session you will be asked to turn your camera and microphone off for the duration of the webinar, but participation via the chat function is optional. Please note there are limited slots available per session.

To book a place at one of the **Year 7** sessions please visit:

<https://www.eventbrite.co.uk/e/helpingchildren-with-fears-and-worriestickets-128113455795>

These sessions are available to parents across Bromley.

Webinar Dates:

- Wednesday 25th Nov @ 10.30am - 12.00pm
- Saturday 12th December @ 10.30am - 12.00pm
- Tuesday 12th Jan @ 13.00pm- 14.30pm
- Saturday 13th February @ 10.30am - 12.00pm
- Thursday 18th March @ 10.30am- 12.00pm

Years 8-11

Webinar Date

Tuesday 2nd December 18.00 - 19.30

To book a place please visit:

<https://www.eventbrite.co.uk/e/128742790151>

Once you have booked a ticket, you will receive an email with details about how to join the webinar.

Yours sincerely

Rochelle Maxwell
Assistant Headteacher



Bromley Y, School Wellbeing Service



Improving Access to Wellbeing Support – Support Calls

Is your child experiencing difficulties with their emotional wellbeing? Are they feeling anxious and/or low and you are uncertain how to support them?

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to receive appropriate wellbeing support. Up until the Christmas break, we are offering consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice and guidance to support the wellbeing of your child.

Email: swswellbeingsupport@bromleyy.org

Please provide your name, phone number, child's school, best times to call (morning or afternoon), a brief description of what you wish to discuss.

We will do our best to call within 5 working days to help you think about how to get the help you need. This may lead to a referral into our service or sign posting to a more appropriate service with your consent.

Visit www.bromley-y.org for self-help support