

ARE YOU A PARENT OR CARER? DO YOU WANT TO HELP YOUR YOUNG PERSON WITH THEIR EMOTIONAL WELLBEING?

Helping to promote positive emotional wellbeing and quality time for both parents carers and young people



Time Apart, Time Together

An emotional wellbeing programme addressing a range of common issues with young people such as...

Self care
Resilience
Confidence
Self esteem
Kindness

Dealing with anger
Anxiety and stress
Coping strategies
Regulating emotions

School avoidance
Transitions and changes
Mental health

Digital dangers
Peer pressure
Relationships

SUPPORTING YOU, TO SUPPORT THEM

Enjoy a free
celebration day
decided by you and
your young person

Giving you both
opportunities to spend
quality time together,
engaging in a range of fun
activities



Delivered by
experienced, friendly
and empathetic staff

A safe space with
other families, to
discuss issues and
find out about
further support

WHERE?

Immanuel College Church of England Academy, BD10 9AQ

WHEN?

Courses starts Thursday 6th November with last session Thursday 27th November 8.30am - 10.30am
(Attendance required at all 4 sessions)

WHO?

For parents/carers with young people in year 7, 8 and 9

**FOR MORE INFORMATION OR TO REFER, PLEASE CONTACT THE COURSE FACILITATORS OR
SCHOOL**

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