

# **BOWER GROVE PARENT SUPPORT**

Dear All

Just a reminder about the next Bower Grove Parent Support free talk taking place on Friday 29th June at 10:30hrs.

Please see details below:

## **Understanding and Supporting children's Social Emotional and Mental health**

**Date: Friday 29th JUNE 2018 - 10.15 am for 10.30 am - 11.40 am**

**Location: Bower Grove School, Fant Lane, Maidstone, Kent ME16 8NL**

**We will be joined by Jill Ansell who is the District Lead Maidstone schools and Jaime Cronk Specialist Teacher - SEMH (Social Emotional Mental Health)**

**Please see below a short introduction from Jill Ansell:**

The talk will be around understanding and supporting children's social emotional and mental health. The session will be exploring the up-to-date meaning of mental health and what that looks like for your children. There will be lots of practical aspects to the morning including some ideas around mindfulness. There will be time to focus for parents and carers on what you can do to help you child's well-being and answer any questions you may have about their social emotional self. The session will be relaxed and informal with sharing of good ideas for you to take home and explore further.

**All parents and carers are welcome to join us and there is no need to book.**

**Josephine Cousins  
Bower Grove Parent Support**