

Bury
**Young People's
Mental Health
Support Team**
Thrive in Education



NHS
Pennine Care
NHS Foundation Trust

Hurry, Places are going fast!

If you would like to book one or more of the sessions, or would like more information, please let Mrs Taylor know by calling her – 01617641132 or by email l.taylor@ststephensceprimary.co.uk or alternatively, you can complete the Google form on the school Jotter app, under MHST.

*******FREE CRECHE FOR CHILDREN OF ATTENDING ADULTS*******

Power of Positive Parenting
Thursday 14th December 2023

To help children develop and manage their behaviour and emotions in positive and non-hurtful way.

Looks at 5 key areas:

Creating a loving, safe and interesting environment, having a positive learning environment, using assertive discipline, having realistic expectations, taking care of yourself as a parent

Raising Confident, Competent Children

Thursday 21st December 2023

To look at ways to encourage social and emotional skills in your children to develop their confidence, encourage co-operation with others and reach their potential.

Looks at 6 areas; Encouraging respect, being considerate, having good communication and social skills, having healthy self-esteem, being able to problem solve, being independent.

Raising Resilient Children
Thursday 25th January 2024

To help increase emotional resilience by helping children to manage their emotions.

Looks at doing this through developing skills in: Recognising and accepting feelings, expressing feeling appropriately, developing a positive outlook, develop coping skills, dealing with negative feelings, dealing with stressful life events.