

Together For Better Darlington



Wellbeing Sessions

As part of wider work by the NHS Mental Health in Schools Team we have secured some funding to offer support sessions to parents.

We realise that being a parent can be challenging and often can have an impact upon your own wellbeing and resilience. Looking after yourself is just as important as meeting the needs of your child/children.

We are thrilled that your school have signed up to offer some wellbeing support sessions for parents, where we will be able to offer some peer support, advice and signposting and even bespoke sessions or workshops ie sleep, sensory, positive behaviour support. The sessions are yours so it really is up to you!

The first meeting at Westpark Academy will take place;

Tuesday 7th December at 9am in the school hall

We cannot wait to meet you!