



# Spiralside Parent/Carer Groups 21-22 Autumn 1

Would you like to meet other parents/carers from Spiralside School?

Join Carole, Spiralside's Family Support Worker, of **Tuesday mornings from 9am** (term time only) starting on the 14<sup>th</sup> September.

We will be welcoming Kim from Barnardos, Kim will join us to present the Shine+ workshop, a 5 week parenting group for parents/carers of primary school aged children who have social and communication needs. Barnardos will share lots of information on a range of topics e.g. communication, play, sleep, celebrating your child's gifts and talents, and they will also provide advise as to other services that can be of support. The course also has input from Parent Carer Voice and Rochdale SENDiass.

You will have the chance to meet, share experiences and learn from other parents/carers at Spiralside School to increase your social network.

Join Carole, Spiralside's Family Support Worker, of **Wednesday afternoons from 1pm** (term time only) starting on the 15<sup>h</sup> September.

We will be welcoming George, a Children and Young Persons WellBeing Practitioner from #THRIVE Healthy Young Minds.

These sessions will consist of discussions to promote children's mental health, such as children's emotional and social needs, supporting anxiety in children, and an additional session on how to support children in grief.

You will have the chance to meet, share experiences and learn from other parents/carers at Spiralside School to increase your social network.

Email [families@spiralside.rochdale.sch.uk](mailto:families@spiralside.rochdale.sch.uk) for more information.

We look forward to welcoming you...