

Dear parents / carers

As you know, in Braes High School the wellbeing of our young people is a priority in everything we do and we know how important our families are in supporting the wellbeing of our young people to ensure they can attain and achieve and fulfil their potential.

With this in mind, and with an understanding that our young people and families are still coping with the challenges and uncertainties of COVID-19, we want to help our parents and carers to better understand some of the issues our young people are facing.

We are working in partnership with Falkirk's Mental Health Association (FDAMH) to provide a series of family learning sessions, looking at a number of aspects of mental health, with the aim of supporting young people to experience self-led positive mental health and wellbeing.

All sessions will take place online, between 6.30pm and 7.30pm on the dates given, delivered by mental health professionals from FDAMH. Participants do not have to turn on cameras or make comments.

The sessions are as follows:

1. Tuesday 11<sup>th</sup> January 2022 – General Mental Health Awareness
2. Wednesday 2<sup>nd</sup> Feb 2022 – Building Resilience & Positive Self-Care
3. Thursday 17<sup>th</sup> Feb - Understanding and Managing Anxiety
4. Tuesday 22<sup>nd</sup> Feb – Stepping out of the Drama Triangle and responding within challenging conversations
5. Wednesday 9<sup>th</sup> March - Understanding Self-harm
6. Thursday 17<sup>th</sup> March – Managing Exam Anxiety
7. Wednesday 27<sup>th</sup> April - Understanding Transitions, Change & Loss; an additional session for our P7 parents and carers, but will be relevant to parents across our school community.

I have attached a document detailing the content of each session. Reminders/links for each session will be sent out to all families prior to the event.

We hope to record sessions so that they are available for parents/carers, however, we would encourage families to “attend” the live sessions wherever possible.

So that we can gauge interest and attendance for our partners who will facilitate the sessions, I would really appreciate parents and carers completing our [BHS and FDAMH wellbeing sessions 2022](#) survey identifying the workshops you hope to attend.

Kind regards,  
Miss Wilkinson