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| **Parent/Carer Training and****Wellbeing Workshops****Available now from the****Nottingham City Educational Psychology Service** |

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| **We are now offering the following online sessions for parents and carers, all sessions will take place on Thursdays:*** **Managing Anxiety – 29th April 2021 at 1.00 pm**
* **Building Resilience and Wellbeing – 6th May 2021 at 1.00 pm**
* **Emotional Awareness – 13th May 2021 at 1.00 pm**
* **Loss, Change and Emotions – 27th May 2021 at 12.00 pm**

**What do the sessions involve?**All sessions will include guidance and information around the focus topic, as well as a Q&A session.Parents and carers will have the opportunity for supportive discussions, guided by Educational Psychologists from the Nottingham City Team**All of the above sessions are available now request** |

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| If you have any questions about this training or would like to book a parent support session, please contact Lorna Stewart at Denewood Academy on 0115 9151340 or email **L.Stewart@dlc.nottingham.sch.uk** |