

16 December 2019

Tel: (01278) 368 368

To Parent/Carers of:

Email: SHARE@sompar.nhs.uk

Fairlands Middle School, St.
Dunstan's School & Hugh Sexey
Middle School

www.sompar.nhs.uk

Dear Parent / Carers

RE: Tuning into Teens Parent Workshops

You are invited to take part in a free programme being run by the SHARE Project that aims to help you and your child manage the many emotional challenges of this stage of life. '*Tuning in to Teens*' is a six-week programme of 2 hour sessions on a Friday morning.

The programme is designed to support parents to help and teach their teenage children to control, understand and express their emotions in healthy and positive ways. Through group discussion, role-play and various activities, the programme will teach you how to manage your own and your child's emotions in ways that help you to remain close and keep communicating. The programme helps parents to recognise, understand and respond to their teenager's emotions and aims to teach parents about how they, as parents, can help their teenage children to identify and describe what they are feeling and develop good emotional skills. Parents who have already completed the course have reported feeling calmer and closer to their children, great improvements in behaviour, communication and relationships and less conflict within the family home as a result.

What is Emotional Intelligence?

The programme is based on the concept of Emotional Intelligence. Emotional intelligence (EQ) is about using emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

Why is Emotional Intelligence important?

Research has shown that children with greater emotional intelligence:

- Are more aware, assertive and strong in situations of peer pressure
- Have greater success with making friends and are more able to manage conflict with peers
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Are able to develop more positive and stable relationships as they grow older
- Are more determined in succeeding in all aspects of their life

Please note: There are only 12 places available on this course to be split between three schools (4 places per school) and places will be allocated on a first come first served basis.

One parent per family only please and for parents of children in Year 7 and above.

Venue: The Bridge, Priory Park, Glastonbury Rd, Wells, BA5 1TJ

Time: 10:00am to 12:00pm

Course dates: Friday 28th February, Friday 6th March, Friday 13th March, Friday 20th March, Friday 27th March & Friday 3rd April 2020

You must be able attend all 6 dates of the course.

Would you like to find out more?

If you would like to take part in this course please email **John Grundy** from the SHARE Project **with your name, phone number and which school your child attends by 10th January 2020.**

Email: John.Grundy@sompar.nhs.uk

Telephone: 07393 789135

Once places have been allocated we will contact you to confirm your place and with further details.

If you have any questions, please feel free to contact me.

Yours sincerely

John Grundy

John Grundy
Schools Liaison Worker
The SHARE Project

Tuning in to
Teens 