

WAYS TO WELLBEING@ ARCHIBALD

Children North East have been changing the lives of babies, children, young people and families across the North East for 130 years. We are thrilled to announce that we have joined together in partnership to offer you the 'Ways to Wellbeing' @ Archibald project as it launches across Newcastle and Gateshead.

Ways to Wellbeing is a new, exciting and very unique programme that runs fun, conversational and engaging parent workshops to help support you as parents to better understand the many challenges that children and young people face as they grow up and develop.

The highly skilled, approachable professionals delivering the Ways to Wellbeing programme, provide advice and useful strategies around many of the areas that we can all relate to at some point during parenthood. Together we look at brain development, communication, conflict, emotional wellbeing, school avoidance, relationships, inclusion and mental health.

All sessions take place at school and are completely FREE to access!
The sessions have a very relaxed approach with refreshments available throughout and the overall emphasis being on your wellbeing as a parent.

If you think this learning opportunity is something that you would enjoy being a part of, then the school and Children North East would love to hear from you!

We look forward to hearing from you all, **this is such a great opportunity to focus on YOU!**

WAYS TO WELLBEING@ ARCHIBALD

Archibald is delighted to be able to host and run the Ways to Wellbeing Course. Two sessions will be held and you **must be able to commit to both sessions.**

The sessions focus on the teenage brain and will then be tailored for children in Years 2 to 4.

If you have younger children, they may help you to understand their future development whilst if you have teenagers at home, the sessions will be a supportive tool for them as well.

A key message for all the sessions is to support parents/carers to understand how to support their children.

24th April 2023 (9:30 - 12.30)

Session 1:

1. Child & adolescent brain development
2. Mental health & stigma
3. Anxiety

10th May (9:30-12:30)

Session 2:

1. Communication & conflict
2. School avoidance
3. Looking after you!

If you would like to take part, please complete the attached form <https://forms.office.com/e/qjWfknzsjG> by 15th March. We will then be in contact to confirm your place on the 17th March.

The course can run with a maximum of 12 participants. If we have enough interest, we hope to be able to run a session cohort.

