



Guru Nanak Multi Academy Trust Ltd

Incorporating:
Nanaksar Primary School &
Guru Nanak Sikh Academy
Founder – Sant Baba Amar Singh Ji

6th September 2021

Dear Parent

Mental Health and Wellbeing for Parents:

A warm welcome back to school to you and your family. As you may be aware, we have successfully worked with an organisation called WildHearts who deliver a range of workshops to parents to support their children.

I am reaching out on behalf of WildHearts to inform you of the upcoming instalment of their next **Mental Health and Wellbeing Webinar: Raising Resilient Children (For Parents)**. Please see details below.

Raising Resilient Children (For Parents) - Thursday 23rd September 12pm

We are excited to announce the next webinar in the series (for parents) - Raising Resilient Children. This talk explores the four pillars of resilience. It looks at how we can help young people develop the positive mind-sets and attitudes, self-efficacy, resourcefulness and creativity that will allow them to become independent and courageous individuals who can cope with life's changes. The webinar will be led by Alicia Drummond, one of the UK's leading adolescent therapists and founder of Teen Tips.

Places are limited, so will be offered on a first come first served basis. Please register your place [here](#).

Yours faithfully

Mr T Perryman
GNSA Safeguarding Team