



23 February 2024

Dear Parent/Carer

Charlie Waler Trust Free Webinars

The Charlie Waler Trust is offering free webinars on supporting mental health in children and young people. These are for anyone who looks after children and young people - parents, carers, educators - as well as young people themselves.

All webinars are presented by mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing.

Each webinar explores practical, evidence-based strategies for maintaining positive mental health, whether that is paying attention to our own wellbeing, or how to support those around us.

Please follow the link below for more details on specific webinars and details of how to sign up:

https://www.charliewaller.org/what-we-offer/free-webinars?_cldee=WXLUXPsztZkqcFZJrn2jWw9fN1NLtFgZx9FUZNKL1VPtANVqxpPZ9WJRql76hs8dchXC_r3VpAywnkZMLbXhUA&recipientid=contact-edad95e91076eb11a81200224841449f-416547091f8c495b99c596793f71ee65&esid=b751ad7d-bccc-ee11-9079-00224841f3c1

Yours faithfully

Mrs B Begam
Lead Student Support Worker/Mental Health Lead