

Secondary School Parent/Carer Support 2021/22



To support secondary school parents/carers we're holding a series of informal **drop-in sessions** throughout the year, where you can come along to meet someone from the Isle Listen team.

In March we're also running a **4 Week Structured Programme**, to educate on common issues that young people may face.

Drop-In Sessions

The drop-in sessions are an opportunity for you to talk to someone from our Schools and Therapeutic teams. **You do not need to register to attend these sessions.**

Date	Time	Location
8th December 2021	6.15pm - 7.15pm	Ballakermeen High School
9th December 2021	6.15pm - 7.15pm	QEII High School
10th February 2022	6.15pm - 7.15pm	Ramsey Grammar School
16th February 2022	6.15pm - 7.15pm	Bemahague School
18th May 2022	6.15pm - 7.15pm	Ballakermeen High School
19th May 2022	6.15pm - 7.15pm	King Williams College

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4 week Structured Programme

The 4 Week Structured Programme gives parents/carers the chance to learn about some common mental health issues that young people may experience.

Each session will be 1-hour long, consisting of 40 minutes of content followed by a further 20 minutes to ask any questions.

You can sign-up to each of the individual sessions, but we would encourage you to sign-up to all four.

Topic	Date	Time	Location
Anxiety & Depression	3 th Mar 22	6pm - 7pm	St Ninians Upper School
Self Harm	10 th Mar 22	6pm - 7pm	St Ninians Upper School
Behavioural Activation	17 th Mar 22	6pm - 7pm	St Ninians Upper School
Resilience	24 th Mar 22	6pm - 7pm	St Ninians Upper School

To register for these sessions, go to: www.islelisten.im/educationsessions

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