



**St Cuthbert's
Catholic High School**
Live life in all its fullness

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Mr Stuart Holland BA (Hons) QTS

9 May 2025

Dear parents/carers

Mental Health Awareness Week – 12 – 18 May 2025

As part of Mental Health Awareness Week, Everton in the Community are hosting a free 1-hour online mental health awareness workshop for parents and guardians of young people aged 12-18.

Taking place on Wednesday, 14th May 6-7pm, via Microsoft Teams, the evidence-based workshop will help parents and guardians develop the skills and knowledge they need to understand, recognise, and support the mental health and wellbeing of their children and family. The session will also educate parents and guardians on ways they can help their child become more resilient in and outside of school.

To register your attendance to the event please follow the link below.

<https://events.teams.microsoft.com/event/cc8bc278-40f9-49f9-b98a-dcd9e7622272@a750ae1f-cbe0-43b5-b73d-76b2c7899ff8>

Thank you.

Yours faithfully

T Shaw

Miss T Shaw
Mental Health and Wellbeing Manager

