

Healthy Mind Healthy Me Workshops



Eat healthy



Deer Park, Wildern & Wyvern Parents/Carers of young people in Years 7 & 8. This exciting funded live event will be held at Deer Park School on Saturday 18th June from 10.30am - 1.30pm.

We are excited to announce that Lorraine Lee (Parenting Expert), will be the keynote speaker on the day, delivering workshops for parents on the following themes:

- 1) Understanding Your Adolescent Child's Development
- 2) Healthy Ways to Communicate with your Adolescent Child
- 3) Helping Young People Express Emotions in a Healthy Way

Student workshops are delivered by Expert Mental Health Professionals:

Jennifer Downie - Art Psychotherapist and Systemic Practitioner (HCPC & BAAT registered) and Beth Sear - Senior Psychological Wellbeing Practitioner (Director of Work to Wellbeing and an expert in parenting support) alongside The Deer Park Sports Team.

Refreshments are being catered for by The Fountain Cafe.

There will be a recording of the parent workshops to watch if you are not able to book a space. Reserve your space now as there are only 40 spaces per school (Parent + Young Person). Click [HERE](#) to book.

Please send any enquiries to send@deerparksecondary.org
We look forward to seeing you!