

15th October 2018

Dear Parents and Carers,

Following the national focus on the mental health of young people I would like to let you know about the following opportunity provided by The Zone. I am sharing this with all parents as it will help parents to understand some of the issues surrounding mental health for young people today.

The Zone is offering Parents and Carers Workshops on Mental Health Awareness and Young People.

The sessions are 2 hours long and will be split into an information session followed by a question and answer session with practitioners who come from; The Zone, Young Devon and CAMHS.

The sessions run between 6pm and 8pm on the following dates:

Thursday 18th October	Thursday 15th November
Thursday 13th December	Thursday 10th January 2019
Thursday 7th February 2019	Thursday 7th March 2019
Thursday 4th April 2019	Thursday 2nd May 2019
Thursday 6th June 2019	Thursday 4th July 2019

These sessions are for information only and are not a route into CAMHS and the practitioners cannot discuss specific children and young people or their cases.

There are a maximum of 12 spaces per session. If you are interested in attending, please can you book through; Jodie Frost at The Zone.

E: jodie.frost@thezoneplymouth.co.uk T: 01752 206626

The Zone, 14-16 Union Street, Plymouth, PL1 2SR.

W: www.thezoneplymouth.co.uk

If this is not of interest to you please feel free to share with a parent who might find these workshop sessions information helpful.

Yours faithfully,



Mr M Cox
Headteacher