



Live Well Stress Less

We have been very lucky to receive funding from Brentwood Borough Council to host a 10 week course for parents, run by our qualified counsellor Sarah Embleton.

The course will run for 10 weeks on Thursday Mornings 9:15-10:45am

The first session will be **Thursday October 3rd 2019**

at Larchwood Primary School

Following ongoing feedback from parents, the course will focus on strategies and tips to help with:

How to keep yourself happy and healthy

How to get the best out of conversations with your child

How to deal with difficult behaviour at home

How to encourage healthy sleep routines

The course will also cover relaxation and understanding the links between thoughts, feelings and behaviour.

Email office@larchwood.essex.sch.uk to request a place by **Wednesday 25th September** as places are limited and will be on a first come, first served basis.