



EMMANUEL COLLEGE
Emmanuel Schools Foundation

4 June 2026

Dear Parents and Carers

As part of our welfare offering at Emmanuel College we work in partnership with RISE. [RISE](#) are a mental health charity in the north-east who work with a variety of young people to support their mental health and wellbeing. We currently have two practitioners working with us and, as part of this programme, we would like to offer a range of parent workshops. The information, advice and guidance you receive from these sessions can be invaluable to helping you support the young person in your home who may be struggling at this crucial developmental stage of their life. These workshops will be held on site over a variety of dates, and you can attend multiple sessions.

Workshop One: Supporting your child with anxiety, Thursday 11 June, 8:50am and 2:50pm

This will look at why your child is feeling anxious, particularly around school, and give you practical strategies on how to address this. The workshop will give techniques to support children who do not want to attend school due to anxiety, which we know can be an issue for some of our students. It will advise how you can support attendance whilst validating your child and their feelings.

Workshop Two: Emotional regulation, Thursday 25 June, 8:50am and 2:50pm

This workshop will look at the developmental process of your child's growing brain. It will look at how your child is feeling in this stage of life, behaviour they might display, why they act in a certain way and look to offer practical support for you to co-regulate your child. If you see changes in your child's behaviour, and you are unsure what to do next, then this would be helpful for you to have an insight into their emotional development and how you can work with them to support their mental health as they mature.

Workshop Three: Managing low mood, Friday 10 July, 8:50am and Thursday 16 July, 8:50am

This workshop will look at why your child may be experiencing continued low mood, factors that can contribute to emotional difficulties and give practical strategies to help build resilience and emotional wellbeing. If you see these changes in your child, this workshop can support positive communication in strengthening your child's coping skills and giving you confidence in supporting your child's mental health at home.

If you would like to attend these events, please [click here](#) by **Monday 8 June**.

We look forward to welcoming you to these workshops.

Yours sincerely

Mrs A Gill
Head of Student Welfare (DDSL)

