



Great Yarmouth Mental Health Support Team
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Dear parent/carer,

We are writing to you as we will be offering an introductory workshop on Understanding Friendship to your child's class. The workshop aims to support children to identify positive friendship qualities, communicate with friends and manage disagreements.

Great Yarmouth Mental Health Support Team (MHST) have been working with Edward Worledge Ormiston Academy delivering wellbeing support for children and young people. Universal workshops are a preventative approach to supporting emotional wellbeing, aiming to provide information on practical strategies your child may find helpful to use now, or in the future.

The 1-hour workshop will be led by trained practitioners in Great Yarmouth MHST and will take place on:

Wednesday 22nd April between 9-11am during your child's class time at their school.

If you have any questions or would like to opt out from the workshop, please speak to Mrs Branch.

Yours sincerely,

Great Yarmouth Mental Health Support Team
Mental Health Support Teams Norfolk and Waveney