



**Lovington CofE Primary School**  
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26 September 2025

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## MHST Workshop

# Supporting Your Child's Big Feelings Workshop

Dear Parents/Carers,

In collaboration with the Mental Health Support Team for Somerset, I am delighted to inform you that we will be hosting a parent/carer workshop on **Monday 29th September**.

During the **Supporting Your Child's Big Feelings** workshop you will explore:

- How to support your child's and teen's feelings in the moment and for the future.
- A range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.
- As well as an understanding of how Lovington Primary School already works with the Mental Health Support Team.

Joining our school workshop on mental health and wellbeing is a valuable opportunity for you to gain practical tools and insights to support both your children's emotional development and their own wellbeing.

Please state below which session you will be attending.

In the event that one of the sessions is undersubscribed it may be cancelled.

Please confirm your attendance by **midday on Monday 22nd September**.

Kind Regards,

Mrs Small  
Mental Health & Wellbeing Lead

## Please state below which session you will be attending

3.30 - 4.30PM

5.30 - 6.30PM

Name:

Date:

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