



# Coffee Morning



Parents & Carers

Supporting your child's emotional health and wellbeing at St. Paul's Academy

**Tuesday 11<sup>th</sup> June @ 9.45am**

*Please join us in the Chapel as we discuss how we can work together to support your child's emotional health and wellbeing*

**Join us and learn more about**

- How the teenage brain works
- Strategies to help manage challenging situations and family stress
- Strategies to help manage parent stress
- How we support wellbeing at St. Paul's Academy

**St Paul's Academy, Finchale Road, Abbey Wood, SE2 9PX** - RSVP by Friday 7<sup>th</sup> June 2019 to: [aine.allen@stpauls.greenwich.sch.uk](mailto:aine.allen@stpauls.greenwich.sch.uk) 020 8311 3868 ext. 135

