



Dear Parents and Carers,

FACE TO FACE Parent courses are back!!!

"Parents should not underestimate how useful these courses are"

"Every parent should consider these courses, it's about helping your children be the best they can be - it's not about naughty children or feeling like you are parenting wrong , it's about helping you and your children enjoy all the best bits in life and having the information and ideas to help you deal with any tricky bits"

Handling Anger in the Family

starts 11th November (9-11am for 4 Thursdays)

A fantastic course for parents who want to help their children discover new ways to manage their feelings. Anger is a completely normal feeling and this course looks at children's triggers and calming strategies that can be used in the home or anywhere.

Helping Children Deal with Loss and Grief

starts 13th January (9-11am for 4 Thursdays)

This course is provided by Grief Recovery Method UK and is a globally recognised programme for parents, carers, friends and professionals who want to help children deal with all kinds of losses including bereavement, pet loss, family separations, school and house moves, fall outs and disappointments.

Parent feedback for this course has been exceptional. It is a very different approach to grief that can help children move from pain to recovery.

To find out more or to book your place - please contact me in school on 0161 366 0177 or email me on m.ashley@dowson.tameside.sch.uk

I look forward to welcoming you.

Michelle Ashley



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