



Dear Parents and Carers,

Book your place now on the following course

Helping Children Deal with Loss and Grief

starts Tuesday 26th February for 4 weeks 1.15-3.15pm

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.

This course was ran previously at Dowson and the feedback was exceptional - a very different approach to grief that can help children move from pain to recovery.

Coming soon:

Handling Anger in the Family -starts 28th April (9-11am for 4 Tuesdays)

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.

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

