

13th November 2024

Dear Parent/Carer(s)

The Nest Parent Session

The Nest is running a Parent/Carer Workshop on Wednesday 20th November here at Spa Bermondsey. This workshop will be a session about supporting autistic young people and their families with their Wellbeing and Mental Health. It will explore how to help young people deal with their emotions and feel supported. This will also be a safe and calm space for parents, inviting them to open up about their thoughts, feelings and challenges.

Parents/Carers can use this space to feel heard and understood and seek advice from The Nest staff and each other.

The session will be from 9:30am to 10:30am. We hope to see you there!

Best wishes,

Natasha Damree
Deputy Headteacher