



St Bernadette's Catholic Primary School

'Doing our best for God'

Date: Friday, 15 January 2021

Dear Parents and Carers,

We recognise that with latest lockdown and most young people having to stay at home, not able to socialise with the friends or family. That young people may really benefit from some additional support with their mental health.

Kooth can offer free mental health and wellbeing support to young people in Lancashire aged 10-16.

Kooth are offering are hosting two Kooth information sessions on the 21st and 27th January. These sessions will offer an insight into the service and give space for a Q&A too.

Parents and carers can register a place to attend with these links.

- **Thursday 21 January at 11am-12pm**

<https://www.eventbrite.co.uk/e/lancashire-kooth-kooth-parent-drop-in-session-tickets-135902741759>

- **Wednesday 27 January at 6-7pm:** <https://www.eventbrite.co.uk/e/lancashire-kooth-parent-drop-in-session-tickets-135904555183>

You can also find more information re this service on their web page: <https://www.kooth.com/>

Yours sincerely

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