

Proud to be part of



The children and young people's emotional wellbeing and mental health service



Surrey and Borders Partnership
NHS Foundation Trust



Changing childhoods.
Changing lives.

Supporting your child in the move to Secondary School

Brought to you by Barnardo's in collaboration with the Surrey Mental Health Support Teams



Aims of the Group

An opportunity to come together with other parents and carers in a safe space to discuss the challenges and successes that come with supporting children's transition from Primary to Secondary School.

To provide tools and strategies for families to confidently navigate this transition period. As well as understand how and why their child may present during this time.

Timings, Commitment and Content

Five sessions to choose from:

Tuesdays at 1pm
on June 4th, 11th,
18th, 25th

Wednesdays at 9.30am on June 5th, 12th, 19th, 26th	Wednesdays at 12pm on June 5th, 12th, 19th, 26th	Thursdays at 10am on June 6th, 13th, 20th, 27th	Thursdays at 1pm on June 6th, 13th, 20th, 27th
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- Week 1: What makes a successful transition
- Week 2: How to support challenging feelings
- Week 3: A toolkit for effective communication
- Week 4: Sustaining progress and next steps

The session will be 1 hour plus 15 minutes optional Q&A.

We ask that parents and carers commit to attending all 4 sessions, thank you.

How to Register your Interest - First Come, First Served

Click on the following link to complete a form <https://forms.office.com/e/HWhJJheaS8?origin=IprLink>

Or Email PWS@barnardos.org.uk and add 'transition' in the subject line

Then, a member of the Barnardo's team will contact you to book your place.

Feedback from previous support:

'Helpful suggestions on how to turn negative thoughts into positive'

'All the information was easy to understand'

'I learned strategies to help calm the worries and the wording to use'