



WHAT IS IT?

A support group for parents/carers and young people (school years 7,8 & 9) who are finding attending school challenging and are not attending at all or are on a very reduced timetable.

WHAT IS IT FOR?

To create a safe and supportive group focusing on building confidence and increasing resilience.

WHAT WILL THE SESSIONS COVER?

Topics will include:

- Worries & Anxiety
- Friends
- School & Learning
- Health & Wellbeing
- Neurodiversity

We want to hear your voice and will also tailor sessions to meet your needs.

WHO IS RUNNING THE GROUP?

The main facilitators are Ruth and Alison from the Intensive Family Support Team. Sessions will also be supported by a range of specialist professionals providing expert insights and support.

THE IMPORTANT STUFF:

When is it:

Starting Wednesday 15th January 1pm-2.30pm and then every Wednesday for 11 weeks (term time only)

Where is it:

Hatfield Hyde Cricket Club, Beehive Lane, WGC, AL7 4BP

I have some questions, who do I speak to:

Please speak to your family intervention worker if you have one and/or contact Alison at alison.cowie@hertfordshire.gov.uk OR Ruth at ruth.coleman@hertfordshire.gov.uk