



*Striving for Excellence*

# Cirencester Kingshill School

Head: Christine S. Oates

July 2022

Dear Parent/Carer,

## **SGS College are offering a free 12-week course to support Parents of teenagers and young adults**

The course is designed to help Parents to navigate through the issues and mental health concerns that many young people are now facing. The college tell me this will be taught in a fun and interactive way; attendees will learn tips on how to look after their own well-being whilst navigating through the various issues that cause concern.

Please see attached course details.

The sessions are either face-to-face, beginning on 9th September 2022 at the Stroud College Campus or on 18<sup>th</sup> July 2022 for an online group. To enrol please follow this link <https://www.sgscol.ac.uk/study/healthsocial/parenting-in-mind>

To find a free course that supports Parents is very rare, and after the past few years, I know that some parents feel they may need some support.

If you have any questions please do not hesitate to contact me.

Yours sincerely,

Mrs P. Hicks  
Careers Co-ordinator

Kingshill Lane, Cirencester, Gloucestershire GL7 1HS

Tel: 01285 651511 Fax: 01285 885652

e-mail: [office@cirencesterkingshill.gloucs.sch.uk](mailto:office@cirencesterkingshill.gloucs.sch.uk)

[www.cirencesterkingshill.gloucs.sch.uk](http://www.cirencesterkingshill.gloucs.sch.uk)

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