

Parent Wellbeing Group

Group members:

Chloe	Sarah Jane	Gillian	Sharon	Darlene	
Victoria	Suzie	Bridget	Heather	Carrie	Abigail

Dates and times:

Friday 30 September 9.15-10am

Monday 7 November 2.15-3pm

Wednesday 11 January 2.15-3pm

Monday 13 March 6pm- 6.45pm (option to do virtually - TBC)

Tuesday 9 May 9.15-10am

30.9.22

Talking through big emotions

downtime

Looking after self - physically & mentally

decompress

Inside Out

Two way discussion

Normal feelings

meditation

Leading by example

open

angry

Music

reflection

Worry box

Ok not be ok

yoga

Sharing with families

sleeping



Belly breathing

Exercise

Water

hangry

grounding

Eating well

Check in

Socialise

control

affirmations

Emotional literacy

boundaries

pledges

predictability

What are their coping strategies?

Think for self

Screen time

Safe place

What does an emotion feel like?

triggers

Balance

30.9.22

Learn through experience

Different contexts

personalities

Respectful - both ways

communication

Feel valued

Social media

trust



Relationships

Transitions - changes

Boundaries

Language

Best friends

Learning how to be a friend

Being involved

Valid human beings

7.11.22

