

We would like to invite you to ‘ **The Importance of Emotional Wellbeing** ’ an event for parents/carers of all Secondary School students to be held at **The Waterfront, Lower Marine Parade, Dovercourt on Thursday 11th June between 7 and 9pm.**

*‘The Challenges facing young people today can often feel overwhelming’
HRH The Duchess of Cambridge, patron of Place2be*

Having recognised how difficult it can be for children, young people and families in Harwich to gain access to services and facilities in their local area, Home Start Harwich, Harwich Education Partnership and Teen Talk have formed Harwich Community Consortium (HCC).

HCC is a partnership that encourages local communities and organisations to work together to bring opportunities to Harwich for young people aged 0-25 years. Over 150 members are already working on projects covering emotional wellbeing, family support, housing, education, training, employment and recreation to make Harwich a great place for young people to live.

The emotional wellbeing of the young people in our town has been identified as a key priority for the HCC. With this in mind, we have teamed up with The Britten Partnership to host an event that aims to raise awareness of the challenges that face our young people today. It aims to provide you with practical advice and information to help you support your children and recognise when they might need additional help.

We have invited speakers from a number of support organisations including TeenTalk, Essex Targeted Youth Service, COPE and Bright Futures to deliver sessions covering ‘**Anxious Children**’, ‘**Body Image and the early signs of eating disorders**’ and ‘**Beating Exam Stress**’. Keef Feering, published author of the books ‘It’s a Wonderful Life?’ And ‘Miracle!’ will deliver a session covering the link between ‘**Emotional wellbeing and Success**’.

Following a series of short talks, you will then have the opportunity to speak to representatives from a number of charities and support organisations that work directly with young people and parents in the exhibition area.

Spaces are limited, so to reserve your space, please email lydia@brittenpartnership.co.uk or complete the reply slip and return to TeenTalk, 17 Cliff Road, Harwich CO12 3PP.

For further information please contact TeenTalk on 01255 556866

***This event is free of charge and is open to all parents/carers with children in Secondary Education
Refreshments provided.***

‘The Importance of Emotional Wellbeing’
Thursday 11th June

Name:

Number of spaces required:

Contact Details (so that we can send you confirmation of your space):