

# Building confidence and resilience in children



**NESSie**



Supporting Positive Mental  
Health in Schools

[nessieined.com](http://nessieined.com)



## OVERVIEW

**A remote parent forum to help parents support their children at home and returning to school.**

**Getting the right help to you and your child.**

This online forum is designed to help parents support their children whilst at home and transitioning back to school.

The aim of the session is to help develop a better understanding of feelings and the ways in which we can support children develop confidence and resilience. This training would be suitable for parents up to age 13.

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## DATE & VENUE

Thursday 14<sup>th</sup> May 2020

2:00 – 3.00pm

Online (details of how to join will be sent to those who register)

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This event is free to attend for parents/carers within St. Albans and Harpenden.

**TO BOOK A PLACE PLEASE REGISTER AT:**

[nessieined.com/events](http://nessieined.com/events)