THE BARLOW
RC HIGH SCHOOL
SERVE · PRAY · ACHIEVE · RESPECT

Rise up,
take courage,
and do it.

The Barlow RC High School
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28th October 2026

Supporting Your Child's Mental Health and Wellbeing
Parent and Carer Workshop with Manchester Thrive in Education (NHS)

We are delighted to invite parents and carers to a free mental health and wellbeing workshop delivered by trained practitioners from Manchester Thrive in Education (NHS), a service that already works in close partnership with The Barlow to support the mental health and emotional wellbeing of our young people. The workshop will provide an opportunity to learn more about the support available and how parents and carers can help their children to thrive. We are offering two sessions to provide parents and carers with greater flexibility to attend.

Tuesday 10 November
10.00am - 11.00am
5.00pm - 6.00pm
The Barlow RC High School

The session will provide an overview of the support available through the Thrive in Education service and explore some of the common mental health and wellbeing challenges experienced by young people. Parents and carers will have the opportunity to:

- Learn about the Thrive in Education mental health support offer in school
- Gain a greater understanding of anxiety, low mood and emotional wellbeing
- Explore practical ways to support their child's mental health and resilience
- Access useful advice, resources and signposting to other services
- Ask questions and speak directly with experienced NHS practitioners about general or particular themes

Adolescence can bring a range of challenges as young people navigate friendships, social media, school pressures and increasing independence. This workshop aims to equip parents and carers with practical strategies and reassurance to help them support their child's wellbeing and development.

To help us plan for the event, we kindly ask parents and carers to register their interest and indicate which session they wish to attend by **Friday 6 November.**

We look forward to welcoming you.

Mrs N Staniforth