



**Teddington
School**

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Dear Families

Parent Workshop: Adolescent Brain Development

I would like to invite you to a Parent Workshop on Tuesday 25 June from 6.30 pm at Teddington School.

The presenter will be Hully Wolderufael, a Mental Health Clinician, who works in the Emotional Health Service branch of Achieving for Children. She has given a presentation earlier this year to parents, with very positive feedback, on the subject of supporting young people who experience anxiety and low mood.

This latest workshop is aimed at enabling families to gain a better understanding of the changes adolescents go through. Support strategies and parenting tips will be given to help promote the educational and social development of adolescents.

After the presentation there will be an opportunity for a question and answer session.

If you are able to attend this parent workshop please can you confirm this in advance to allow us to plan accordingly?

Please complete the following [response form](#):

<https://forms.gle/xi7JvYWBz8A8R9Xu7>

Yours faithfully

Mr McGrath
Assistant Headteacher

