

Dear Parents,

Should you wish to attend the workshop below, please ensure that you email admin@staugustines.herts.sch.uk or call (01992 463549) in advance.

Thank you.

Herts & West Essex Mental Health Support Teams

Hertfordshire Partnership NHS
University NHS Foundation Trust

Communicating well

- Calm and clear communication techniques
- Instructions as triggers? How to problem-solve these
- Setting limits and boundaries
- Positive language techniques to reduce uncertainty.
- What will be covered?

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Sleeping well.

- Problem-solving sleep challenges
- Promoting sleep hygiene
- Encouraging independent sleep

Date: 4th December 2025
Time: 6 pm – 7 pm
Venue: St Augustine's Catholic Primary School

Our values
Welcoming Kind Positive Respectful Professional