



# Guru Nanak Sikh Multi Academy Trust

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Executive Principal: Mr Jaskamal S. Sidhu

5<sup>th</sup> July 2022

Dear Parent/Carer

Safety and wellbeing are always our number one priority. Where students/pupils are always our first focus, parents and extended family members are also essential in supporting students/pupils both in and out of school. With that in mind, I would like to take this opportunity to highlight additional support available to families from Hillingdon.

Hillingdon Talking Therapies would like to invite you to participate in their upcoming webinar, which is **free to access for any member of our community in Hillingdon**. They also offer members of the public free webinars on various topics on mental health – which are open to anyone, not just people coming through their services. They offer a range of workshops to help consolidate techniques in managing with stress, low mood, depression and anxiety; amongst other mental health difficulties.

They cover the following topics, which include CBT skills which may help to develop new coping strategies: **Connecting With Others, Mindfulness, Mood Boost CBT Toolbox, Stress Management, Relaxation and Sleep and Worry Management**. Please see below for more information:

## **WORRY MANAGEMENT**

**When:** Weds 10 August **What:** This workshop will help you to learn ways to reduce and control your worries.

## **RELAXATION AND SLEEP**

**When:** Weds 6 July **What:** Support your mood and overall wellbeing through learning ways to relax the mind and improve your sleeping patterns.

## **MINDFULNESS**

**When:** Tues 12 July **What:** Mindfulness helps bring our minds into the present, helping to become more aware of your thoughts and feelings and better manage stress and anxiety.

## **A MOOD BOOST CBT TOOLBOX**

**When:** Weds 27 July **What:** Learn tools to help lift your mood and build your motivation.

## **STRESS MANAGEMENT**

**When:** TBC **What:** Learn skills and techniques to keep your stress under control.

## **CONNECTING WITH OTHER**

**When:** Weds 24 Aug **What:** Learn ways to re-connect with others to help improve your mood.

[Talking Therapies: Sign Up Link](#)

Yours faithfully  
GNSMAT Safeguarding Team