

Dear Parents/Carers

My name is Mahak Shahzad and my role at St Matthias is to work together with parents to support their/their child's wellbeing.

This is carried out on a one-to-one basis (virtually via zoom or phone call) with myself for 6 sessions or workshops that you are welcome to attend. The interventions I deliver include:

**Managing worries that your child may be experiencing:** Brief, 1:1 intervention with the parent/carer, based on the principles of Cognitive Behavioural Therapy (CBT). This intervention helps the parent to reduce their child's worries by guiding them through specific steps.

**Managing challenging behaviour:** Brief, 1:1 intervention for the parent/carer, based on research-based parenting techniques. This intervention supports the parent to increase the use of effective parenting approaches using skills training and practice

**45-min one-off workshops:** (Managing challenging behaviour, managing child worries, Self-care for parents, managing school avoidance,)

The workshops will be advertised frequently. However, if you feel as though your child could benefit from specific support, then please don't hesitate to get in touch with your child's class teacher for a referral to myself.

I look forward to working with you!

Mahak Shahzad ☺