



Dear Parent/Carer

ARC Counselling Service are holding an Anxiety Workshop for parents on Tuesday 20th March at The Bulmershe School from 6.30pm – 8.00pm, where there is a maximum capacity of 25 spaces, which is for parents who have children in years 10 to 13 who are showing signs of anxiety, panic, and stress.

The workshop will consist of presentations delivered by professional counsellors, and there will be an opportunity to gain personalised advice and discuss any worries you may have.

Miss Roberts (Aspirational Lead) and Miss Bradley (Year 9 Inclusion Lead) will also be present at this event. They are currently working on the Mental Health Champion Programme to raise awareness and provide Mental Health and Well Being support across the school.

If you would like to attend this opportunity dedicated to The Bulmershe School parents, then please contact our Reception to book your place, either by email at reception@bulmershe.wokingham.sch.uk or Tel: 01189 353 353 by Tuesday 13th March.

If you have any further questions then please do not hesitate to contact Miss Roberts at kroberts@bulmershe.wokingham.sch.uk or Miss Bradley at ebradley@bulmershe.wokingham.sch.uk

Yours sincerely

Miss Kelly Roberts
Aspirational Lead

Miss Elena Bradley
Year 9 Inclusion Lead