Dear parents/guardians,

We would like to share with you details of the next series of Talks in Torfaen for parents/caregivers - (please see flyer attached).

These are **FREE** 1-hour wellbeing talks that take place weekly on **Mondays from 9.30 - 10.30am**, and start on **Monday 10th November 2025**. Talks take place online using <u>Microsoft Teams</u> and are facilitated by NHS Clinical Psychologists.

Talks are targeted towards **ALL parents** of children who are **nursery** or **primary-aged** (1-10 years).

To register to attend these talks, you can click the link here: https://forms.office.com/e/6MQAq9AMnn

Monday 10th November 9:30 - 10:30am Supporting your child's emotional wellbeing Monday 17th November 9:30 - 10:30am Supporting your child's

development

Monday 24th November 9:30 - 10:30am Supporting your child to have a positive relationship with screens & devices 9:30 - 10:30am
Supporting your child to have a positive experience of going to school (and prevent 'school avoidance')

