

Family Thrive

A 6 week course to introduce you to the fundamentals of Thrive and how it works in practice and in our school run by Holly Seymour...

Find out about:

- The Thrive Approach
- How our brains develop
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
 - Everyday trigger times and how to keep calm
 - How to be a behaviour detective.

Let us work together to help your child thrive!

Friday 6th, 13th, 20th October & 3rd, 10th, 17th November

1:15 – 3pm in the LRC

Tea, coffee and biscuits will be provided!

Spaces are limited, to book your place

please email Lucy Monnery lmonnery@stjosephshh.org.uk

thrive

