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*The King's
(The Cathedral)
School*



13 March, 2017

Dear Parents & Carers,

The Mental and Emotional Well-Being of Young People Talk - Thursday 30 March 7.00-8.15pm

On Thursday 30 March Vanessa Brown will give a talk on the very relevant topic of the Mental and Emotional Well-Being of Young People. Vanessa is a local therapeutic counsellor who works with young people and young adults. She is also a former secondary school teacher and parent of a teenager!

The evening is free but there will be a collection in support of the School's chosen charities for this academic year: Mercy Ships, Alzheimer's Society, Little Miracles, Living with GVM.

We hope that this talk will deepen your understanding of some of the issues young people are facing in the modern world and furnish you with some coping strategies that may be of use.

I have spent time with Vanessa in planning the evening and know that you will find her most informative.

In order that I am able to confirm numbers, I would be grateful if you could email Mrs Sismey (PA to the Deputy Headteachers) at sismey.j@kings.peterborough.sch.uk if you wish to attend.

Yours faithfully,

A handwritten signature in purple ink, which appears to read 'H. Birch', followed by a long, sweeping horizontal stroke.

Helen Birch
Deputy Headteacher (Pastoral)

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