

10/12/2021

Dear Parent,

**Re: Outsmart Anxiety for Parents of Teens**

We are very pleased to have secured this fantastic opportunity from Everlief for parents of RGS pupils. In the current climate anxiety is more prevalent in our young people than ever before and this course will assist in giving you ways that you can support your child(ren) with outsmarting anxiety and the signs to be aware of.

Whilst we are delighted to cover the cost of this course for **ALL** parents who wish to sign up, our school well-being budget is self-funding. Therefore, if you felt able to donate to this you can do so by logging onto [www.parentpay.com](http://www.parentpay.com).

Your support allows us to fund initiatives such as mindfulness, the peer education programme, outside speakers and work carried out by our mental health ambassadors at school.

***Outsmart anxiety: For Parents of Teens – [Outsmart Anxiety: Parents of Teens](#)***

*Dr Lucy Russell – your presenter – will guide you through an online course to help you understand and support your anxious child. You can complete the course in a week or take as long as you need.*

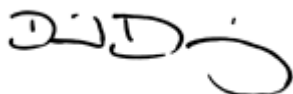
*The course usually costs £70 but RGS has arranged access to the course for all parents of children attending the school. You can revisit or repeat any time and you get lifetime access.*

*This would also be a great option if you are on a waiting list for 1:1 support for your child or looking for guided support from the comfort of your home.*

*An added bonus is that you will be supporting our new Schools and Mental Health Project as 10% of any proceeds will be spent on free mental health training for schools provided by Everlief Child Psychology. [Learn About The Schools & Mental Health Project](#)*

To register, please email Dr Lucy on [drlucyrussell@theyarethefuture.co.uk](mailto:drlucyrussell@theyarethefuture.co.uk) and reference “RGS Outsmart Anxiety” in the email reference box. Lucy will be unavailable 18-25 December so will register any requests received in that week straight after Christmas.

Yours sincerely



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