THE MOUNTBATTEN SCHOOL

LLL/MLC

13 January 2026

Dear Parent/Carer

'Talking Teens' Programme

Following from our highly successful delivery of the 10-week Nurturing Programme from the Centre for Emotional Health, we are pleased to announce that we will be running a 4-week 'Talking Teens' programme for parents/carers, from the same provider. This will start on **Tuesday 20 January 2026.**

This course is designed to promote a collaborative approach to supporting emotional health. We will focus on helping you understand the teenage brain, giving you valuable insights into teenage feelings and behaviours. You'll also learn key strategies to strengthen and maintain positive relationships with your teen/s.

Course Details:

- Every Tuesday, commencing on 20 January 2026 in Student Services, 6.30pm – 8.30pm
- Spaces are limited to one parent/carer per family, so we encourage you sign up early, to secure your place
- All sessions will take place in a supportive and welcoming environment – with plenty of tea, coffee and biscuits!

We know that raising teens can be challenging at times, and we hope you will join us as we navigate this journey together.

Please complete the Google Form to register your interest in the 4-week 'Talking Teens' Programme.

Yours sincerely

Mrs L Lovell
Head of Student Support

Mrs J Russell
Student Support Manager