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Dear Parents and Carers,

From today, people who care for children and young people will have access to a new online 'Psychological First Aid' course aimed at providing practical and emotional support to those affected by the pandemic.

The aim is that those completing the training will be better equipped to provide support to children; to help them feel safe, connected and able to take steps to help themselves during the pandemic or other crisis situations.

I attach the link below for you to follow should you feel you would benefit from completing this course.

<https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people>

Please do not hesitate to contact me if you need further information or support.

Kind Regards,

Gill Baker

Child and Family Mentor