

HOW

ACTION FOR CHILDREN

WORKS

Dear Parents/ Guardians

Action for Children is working together with Blackwater Integrated College to offer your child a place on The Blues Programme.

The Blues is a 7-week small group programme designed to support young people aged 14-19 years, giving them the tools and understanding to prevent and reduce symptoms of anxiety, stress and depression. It is based around the Cognitive Behavioural Therapy theory and focuses on the idea that our thoughts, feelings and actions are all connected.

This is a voluntary programme and your child will receive an invite to attend.

The main aim is to support your son or daughter with all the stresses faced by our teenagers today and to provide them with an understanding of coping strategies and how to apply these skills into daily life.

If you would like further information please go to: <https://www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/>

Yours sincerely,

Emma

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