

Supporting the development of resilient families KG to Grade 12

Dear Parents,

Ramadan Kareem!

GMS is concerned about the mental health and wellbeing of our students and parents. Our inclusion department is effectively encouraging the development of positive mental health, resilience and wellbeing as a key strategic approach to support students and parents. This approach is proved effective only by working with you, the parents to build and nurture the mental health of our students.

Our workshops for parents provide proactive early support that encourages the development of wellbeing for themselves and their children through the provision of ideas, tips and self-help strategies that parents can easily integrate into home life to build resilience, wellbeing and positive mental health in their children.

Key elements of the workshop are

- Defining wellbeing and resilience
- The benefits of positive relationships for wellbeing and resilience
- Developing emotional awareness and the benefits of positive emotions
- Helping your child develop their strengths to maximize their success

So dear parent's do come and join us

Date : 5 May 2020
Time : 3:30 pm to 4:30 pm
Link : meet.google.com/kii-gqhi-qgy

Regards,
Inclusion Department
Gulf Model School
Dubai