Hello,

Hope you are well?

Please see below information for both THRIVE Training sessions that are running:

**All below training is free of charge.**

Thrive Parenting Programme;

A six week course to introduce you to fundamentals of the Thrive approach and how it works in practice.

**Have you ever wondered what’s happening when your child:**

* Won’t listen?
* Answers back?
* Has a tantrum?

**Come on this course to find out about:**

* How our brains develop
* How your right brain talks to your left?
* Why play and creativity are so important to you and your child
* How to support your child at times of change and difficulty
* Everyday trigger times and how to keep calm
* How to be a behaviour detective
* Thrive in your community

Learn about the amazing growth of your child’s brain through childhood to adulthood and help support their emotional development. The course will run for six sessions that will last for approximately one and a half hours. The sessions will be structured yet informal sessions that will allow time to interact with other parents and carers, ask questions, get help and practical suggestions to use with your child.

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| Title of Training | Dates | Time | Venue | No. Delegates |
| THRIVE Parenting Programme (Group 7) | 2nd Oct, 9th Oct, 16th Oct, 6th Nov, 13th Nov, 20th Nov | 10am-12pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 6 spaces |
| THRIVE Parenting Programme (Group 8) | 2nd Oct, 9th Oct, 16th Oct, 6th Nov, 13th Nov, 20th Nov | 1pm-3pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 6 spaces available |
| THRIVE Parenting Programme (Group 9)   | 4th Dec, 11th Dec, 18th Dec, 15th Jan, 22nd Jan, 29th Jan | 10am-12pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 8 spaces available |
| THRIVE Parenting Programme (Group 10)   | 4th Dec, 11th Dec, 18th Dec, 15th Jan, 22nd Jan, 29th Jan | 1pm-3pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 8 spaces available |

Thrive Emotional Health & Wellbeing Programme; A two week course to introduce you to fundamentals of the Thrive approach and how it works in practice.

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| Title of Training | Dates | Time | Venue | No. Delegates |
| Emotional Health & Wellbeing (Group 3) | 1st Oct & 8th Oct 2020 | 10am-12:30pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 5 spaces available |
| Emotional Health & Wellbeing (Group 4) | 1st Oct & 8th Oct 2020 | 1:30pm-4pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 5 spaces available |
| Emotional Health & Wellbeing (Group 5) | 15th Oct & 5th Nov 2020 | 10am-12:30pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 5 spaces available |
| Emotional Health & Wellbeing (Group 6) | 15th Oct & 5th Nov 2020 | 1:30pm-4pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 5 spaces available |
| Emotional Health & Wellbeing (Group 7) | 12th Nov & 19th Nov 2020 | 10am-12:30pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 4 spaces available |
| Emotional Health & Wellbeing (Group 8) | 12th Nov & 19th Nov  2020 | 1:30pm-4pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 10 spaces available |
| Emotional Health & Wellbeing (Group 9) | 26th Nov & 3rd Dec 2020 | 10am-12:30pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 9 spaces available |
| Emotional Health & Wellbeing (Group 10) | 26th Nov & 3rd Dec 2020 | 1:30pm-4pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 10 spaces available |
| Emotional Health & Wellbeing (Group 11) | 10th Dec & 17th Dec 2020 | 10am-12:30pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 10 spaces available |
| Emotional Health & Wellbeing (Group 12) | 10th Dec & 17th Dec 2020 | 1:30pm-4pm | Partnership for Learning Training Centre, South Road, Speke, Liverpool, L24 9PZ | 10 spaces available |

Day 1

* Getting to know ourselves
* Getting to know and understand others
* How brains grow
* Where behaviour comes from
* Interruptions in emotional regulation
* Stages of dysregulation
* Responding to dysregulation

Day 2

* Understanding what motivates us
* The window of tolerance
* Modelling behaviour
* ACES
* Building trust
* Sleep
* Creativity using right and left brain

The courses are run by Jane Pepa the Headteacher of a special school for social emotional mental health and a Thrive practitioner, trainer and over 7 years’ experience of using the Thrive approach in both main stream and special school settings.

If you would like to attend one of the above sessions please let me know.

I have also attached a health checklist for protocols that are in place at the training venue.

Thanks

Emma

**Kind Regards,**

**Emma Ross**

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