

7 May 2026

Dear parents and carers

As part of our offering for Mental Health Awareness Week next week, we are pleased to invite you to a **FREE parenting coaching course** in our library, **Antares on Wednesday 13 May**, starting at **6.30pm**. The session will run for around **one and a half hours**.

The course will be delivered by **Jelena from Balanced Parenting** and will offer practical guidance, strategies, and support to help with everyday parenting challenges in a warm and informative setting.

If you would like to attend, [please complete THIS FORM](#) so we can confirm numbers.

We will be in touch again soon with more information about what else is happening here at Carrington to support Mental Health Awareness Week.

Best wishes  
**The Carrington Team**

