Dear Parents/carers

You may have been made aware by school or a professional of a service called Kooth. Kooth is designed to support the wellbeing and resilience of young people and is available for 11-25year olds Norfolk & Waveney 11-18yr olds in Cambridgeshire & Peterborough Kooth is running **free** online parent/carer information sessions - designed to help you understand how Kooth can support your child with their mental health and wellbeing.

We have a shorter ‘bitesize’ session which will cover:

* A Live tour of the Kooth site
* An opportunity for Questions & Answers about Kooth

Please click on the registration link for the date/time you’d like to attend:

|  |  |  |  |
| --- | --- | --- | --- |
| **Please ensure you register for the webinar of your choice.** | | | |
| **Date** | **Time** | **Registration Link** | **Zoom Link** |
| Weds 20 Oct  **BITESIZE SESSION** | 12pm – 12.30pm | <https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-bitesize-sessions-tickets-163865069835> | [https://zoom.us/j/96248658006?pwd= UXdkQm1IdmlGZWpHaHRIMDhXVnJOZz09](https://zoom.us/j/96248658006?pwd=%20UXdkQm1IdmlGZWpHaHRIMDhXVnJOZz09) |

**OR** a longer one hour session which will cover:

* A Presentation on Kooth
* A Live tour of the Kooth site
* An opportunity for Questions & Answers about Kooth

Please click on the registration link to attend:

|  |  |  |  |
| --- | --- | --- | --- |
| **Please ensure you register for the webinar of your choice.** | | | |
| **Date** | **Time** | **Registration Link** | **Zoom Link** |
| Thurs 23 Sept | 6pm – 7pm | <https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875> | [https://zoom.us/j/92322859095?pwd= aEVpdEYzUnpXL0NZWlJQM3hteFhpdz09](https://zoom.us/j/92322859095?pwd=%20aEVpdEYzUnpXL0NZWlJQM3hteFhpdz09) |
| Tues 16 Nov | 5pm-6pm | <https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875> | [https://zoom.us/j/94295360074?pwd= L0xKdzNEM0ZJVVAzeE9hUXExYmhFUT09](https://zoom.us/j/94295360074?pwd=%20L0xKdzNEM0ZJVVAzeE9hUXExYmhFUT09) |
| Tues 14 Dec | 6pm-7pm | <https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875> | [https://zoom.us/j/94874926099?pwd= VHhFQ0tXMzhPTFNJeVFtTHhGYWZxQT09](https://zoom.us/j/94874926099?pwd=%20VHhFQ0tXMzhPTFNJeVFtTHhGYWZxQT09) |

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth, young people can benefit from:

* **A free, confidential, anonymous, and safe** way to receive support online.
* **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
* **No referral** is required. Young people can register for kooth independently via kooth.com

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school/[professional. If you would prefer to contact Kooth directly, simply email parentsandcarers@kooth.com.

Kind Regards – Cheryl Allright **Kooth Engagement Lead**