



Dear Parents

“How will I explain what happened when they grow up?”

This is a question we have heard from many parents over the last few months as we have been supporting families whose children attended King Street Nursery during 2024-2025. Every family is navigating their own unique challenges, but many share these same heavy, important questions:

- If my child doesn't ask questions, should I still bring it up?
- I want to move forward, but I feel stuck. What do I do?
- What do I do with all the anger, is it okay to feel it?
- How can I feel less isolated in this experience?
- Who can I safely share this with?

Please know that whatever you are feeling right now is completely valid.

To ensure you don't have to carry this alone, we are creating a dedicated parents' support group. Before we officially begin, we are hosting a few informal, low-pressure drop-in sessions.

This is a space for you to meet us, hear our thoughts, and most importantly, tell us what would feel most helpful and comforting to you.

As an independent therapeutic team specialising in trauma, our priority is creating a safe, confidential environment. We know you might feel hesitant. You might worry if the group will feel too exposing, or if you will be pushed to speak.

We want to reassure you: there is no pressure. You are entirely in control of what you choose to share, and you can simply come to listen.

We will be holding four introductory sessions (two in person and two online), so you can choose one that suits you in terms of your availability.

In-Person Sessions (in Central Bristol):

- Saturday, May 23rd, 14.30-15.30
- Friday, June 5th, 12.00-13.00

Online Sessions (via Teams):

- Wednesday, June 10th, 16.45-17.45
- Wednesday, June 17th, 16.45-17.45

Please email us on secretary@beaconhouse.org.uk to let us know which drop-in session you would like to attend, and we will send over the location details or online link.

We are here for you, every step of the way.

Warmly,

Keren and Roy

Beacon House Psychotherapists & Group Facilitators.