



Dear Parents

We wanted to share that we had some helpful and productive drop-in sessions with some of the parents regarding the group starting next week.

It was important to see how quickly connections started forming during the drop-in days themselves and to hear that parents found that supportive. A major theme we heard from many was just how crucial that connection is, specifically, the need to feel supported and not to feel alone with everything that has happened at the nursery and since then. Providing a safe, shared space is one of the main reasons for establishing this group

We also received some practical feedback regarding logistics from parents. To accommodate as many families as possible and solve some of the driving challenges mentioned, we have finalised a schedule that offers both in-person and virtual options:

- **Frequency:** The group will meet twice a month.
- **In-Person Session:** Held once a month on a Monday at 5:30 PM. These will take place locally at central Bristol.
- **Online Session:** Held once a month on a Wednesday at 5:30 PM via video call.

Our first official group will be an in-person meeting next week:

- **Date:** Monday, 22nd June
- **Time:** 5:30 PM
- **Location:** Bristol Unitarian, Brunswick Square, Bristol, BS2 8PE

There is a last online drop-in session before the group is starting this Wednesday at 16.45 that you are welcome to join.

Please let us know if you have any questions, and **please reply to this message to let us know if you would like to participate** in either the drop-in session, the group or both.

Warmly,

Keren and Roy,

Beacon House Psychotherapists and group facilitators.