



Monday, 28 November 2022

Dear Respected Parent/Guardian  
Assalamu alaikum - Peace be with you

**RE: Autumn Term Effective Parenting Information Evening - Session 2**

I write to invite you to our second Autumn Term Effective Parent Information Evening for all parents. During this evening, we aim to provide parents with information about some of the key issues relating to the development of young people and how the school addresses them and how we can work together to support our children.

**Session 2 will be on 'Modern Day Muslim Parenting'.**

We have secured Samina Ali, a Qualified *Psychotherapeutic Counsellor with Islamic Approaches*. Samina has been counselling for 9 years plus running a private practice, Samina Ali Counselling with a National and International client base, specialising in Adult Counselling, Couples Counselling and Pre-marital counselling.

In addition to this Samina is a Western trained Counsellor with added knowledge of 'Islamic Approaches to Psychology and Psychotherapy' from Cambridge Muslim College. Her skills also include Couples counselling, taken from The Gottman Institute.

Samina has delivered workshops in Marriage, Bereavement, Muslim Parenting, Mental Well-being, Confidence and Self-Esteem. This has included the delivery of group sessions with youth on Personal Developments covering topics such as Student/Teacher Relationship, Identity, Self-esteem, social media, Mental Well-being, Peer Pressure and Parents. Samina has her own platform on Imamsonline called 'Honest Talk' where she engages in issues faced by the community.

Parents will have the opportunity to contribute to discussions, ask questions and seek guidance on the issues raised. Please could you confirm your attendance by filling in the [LINK](#) . Please respond by Wednesday 7<sup>th</sup> December.

The event is due to take place on **Thursday 8<sup>th</sup> December, from 4.30pm to 6pm.**

Your child is not required to attend the event.

Arrival time for the event will be from 4:15pm.

We look forward to seeing you at the event

Yours Faithfully,

Shegufta Farooq-Bowkan  
Assistant Principal

