



Friday, 10th March 2023

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

RE: Spring Term Effective Parenting Information Evening - Session 4

I write to invite you to our fourth 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 4 will be a follow from on 'Modern Day Muslim Parenting' and will be a workshop based on this.

Samina Ali will be returning to deliver this session. Samina is 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, brainstorm ideas, reflect on current parenting skills, create new habits/skills, and ask questions and seek guidance on the issues raised. Please could you confirm your attendance by filling in the [LINK](#). Please respond by Wednesday 15th March.

The event is due to take place on **Thursday 16th March, from 4.30pm to 5:30pm.**

Your child is not required to attend the event and due to the nature of the event, young children will also not be permitted. 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

