



Peacehaven
Community
School

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Parent Mental Health Network Evening

Thursday 16th October

Anxiety & Exams - Parent Mental Health Network Evening Thursday 16th October - 17:30-18:30

This event consists of a talk all about anxiety and how to support your child throughout the exam season. Following this parents/carers are invited to meet our community guests to talk about additional support for the school year and life beyond GCSE's



Scan the QR Code or click here to sign up to this event

Guest Organisations:



I-Rock Ran by Sussex Partnership NHS Foundation Trust and works in collaboration with East Sussex Clinical Commissioning Group and Department for Education.



MHST - A NHS service that comes into PCS to deliver early intervention support for mental health issues. They are also delivering a Exams Anxiety group for us in January 2026



Family Hub - NHS community service supporting families at every stage



Youth Employability Service - A free service which offers support and guidance to young people in the East Sussex area. They work specifically with young people aged 16-18 who are at risk of not being in education, employment or training.



Sutton & District Training - offer highly personalised training across a number of vocational areas throughout the South East of England



Corrine Holden, Independent Careers Advisor - an independent guidance practitioner with 15 years' experience of working with young people in careers settings to meet with PCS students. She is also involved in careers and coaching research.



The JOFF - Our local youth clubs has a new building and is up and running. they are here to talk about group sessions including upcoming study sessions for year 11's