

## **A letter from Family Links CEO**

At Family Links – the Centre for Emotional Health we are continuing to work remotely and are happy to help in any way we can. We know that the pressures on families are greater than ever and wish to continue our offer of support during these times.

Our [Parent Zone](#) has a number of free resources that may be useful for practitioners and parents, as well as a link to our [free online parenting course](#), hosted by Netmums. We also offer an online course on [Mental and Emotional Health in Schools](#) which may be useful for staff working in education.

We will be doing regular vlogs/blogs and posts on our social media and [YouTube channel](#) so do follow us and check out the [News Hub](#) on the website.

With very best wishes to you and your families.

**Sarah Darton**

**CEO**