



Date: 19.9.2024

Dear Parents,

A strong parent-child relationship is essential during adolescence. Adolescents who have a strong relationship with their parents are more likely to develop a positive self-image, achieve academic success, and avoid risky behaviours. Moreover, a strong parent-child relationship can provide a foundation for healthy relationships in adulthood.

To handle our teen agers (students of classes V to X) efficiently, school has arranged a session with Most. Nazme Ara Begum, Clinical Psychologist & Consultant of CBT, Systemic Family Therapy, Psychodrama, Sociometry and Group Psychotherapy, Center for Mental Health and Care, Bangladesh Ltd. (Chittagong Medical College Hospital, Bangladesh) on Monday, 23<sup>rd</sup> September 2024 from 10 am to 12 noon in school campus.

You are cordially invited to join this interactive session and make your relationship stronger with your child. Please fill in the acknowledgement slip and register for the session by submitting the slip to the respective class teachers by 22<sup>nd</sup> September 2024.

Regards  
Admin  
Mangrove