Merseyside Youth Association

"Creating positive and lasting change in the lives of Merseyside's young people"

Monday, 23 November 2026

Dear Parent/Carer,

We are writing to inform you of an opportunity for your child to take part in one of two supportive workshops designed to promote their emotional wellbeing, resilience, and social development. Your child has been selected by their school/volunteered to take part in an exciting project called EMPOWER. These sessions aim to provide practical skills and a safe space for reflection and discussion.

The course will be delivered by Merseyside Youth Association's RAISE Team, and as the EMPOWER Project is funded, the RAISE Team have to capture data of the children they work with, which is stored on a secure database and all according to GDPR (ABOUT MYA | Merseyside Youth Association). This collection of data allows us to report anonymously back to our funders on the work we have been doing and hopefully allow projects like EMPOWER to continue to be free for Liverpool schools in the future. Therefore, if you could complete the EMPOWER Monitoring form for your child and they bring it back to school for the day of the session that would be greatly appreciated

There are two sessions which the RAISE Team are offering which are both 2 hours. Please see below for more information on each session.

My Emotions Toolbox
A fun and supportive 2-hour workshop helping children explore **how it feels to be themselves**. Through interactive activities, we will gently introduce emotions such as **worry, sadness, and happiness**, helping children recognise and talk about how they feel.
We will explore simple **coping strategies** and ways to manage tricky moments, including breathing techniques, positive thinking, and seeking help from trusted adults. Children will learn how to build **resilience**, understand feelings of **worry or sadness**, and develop confidence in expressing their emotions in a safe, playful environment.

Friends, Fun & Feeling Connected
This engaging 2-hour session focuses on **how we connect with other people**. Through games and discussion, children will explore the joy of **play, friendships, and teamwork**, as well as how to handle **loneliness or friendship challenges**.
We will also introduce age-appropriate conversations about **social media and online interactions**, helping children understand kindness, boundaries, and safe communication. This workshop supports children to build positive relationships and feel a sense of belonging.

If you do not want your child to participate in the project, there is an option to opt out. To do this, please let the relevant member of staff in school know.

Many thanks,
Lucy
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