



We are offering online workshops that will cover a variety of topics for parents and carers to attend. Workshops will be offered online each **Wednesday, from 12 o'clock until 1pm, up until Easter.**

19th Jan 2022: Understanding Anxiety Workshop

26th Jan: Parenting Styles & Labelling

2nd Feb: Understanding Challenging Behaviour

9th Feb: Effective Discipline

HALF TERM

23rd Feb: Resilience Workshop

2nd March: Sleep Hygiene Workshop

9th March: Sibling Rivalry Workshop

16th March: Understanding Anxiety Workshop

23rd March: Helping Children with Anger

30th March: Sleep Hygiene Workshop

If you would like to join any of these sessions, please email the address below with the date of the session/sessions you wish to attend, and you will be added to the interest list.

We require names, contact number and the name of the Primary School your child/children attend.

Your details will only be recorded on the interest list for the sessions, and in line with GDPR regulations. Consent to participate in any of these sessions will be presumed when you click the link to join on the electronic invitation, which will be sent out the day before.

These emails may go into spam folders so please check carefully.

If you'd like to join the workshop you will need internet access and a device able to connect to Microsoft Teams via web browser.

(Full access instructions will be provided with the electronic invitation).