Virtual Workshops & Groups on Offer

A series of Workshops for Parents based on a range on topics taking place virtually via Webex

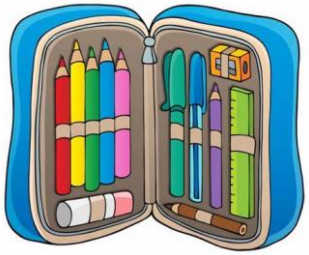
I hope to see you there! ☺

https://meet99.webex.com/meet/pr23660712576

<u>'Take a moment': Self-care tips Workshop (45 mins)</u>

Dates: Thursday 16th Sept 1:45pm, Thursday 7th October 1:45pm

A range of practical tips to support self-care relation during challenging times



<u>Managing challenging behaviour Workshop (45 mins)</u>

Date: Thursday 23rd Sept 1:45pm

Thursday 28th October 1:45pm

This workshop aims to provide parents and carers with information & strategies to help manage undesirable behaviours you may be facing, including positive parenting strategies for maintaining positive relationships.

<u>Helping children to manage their emotions (45 mins)</u>

Date: Thursday 30thh Sept 1:45pm, Thursday 14th October 1:45pm

What is emotion regulation?

Why is it important?

How do emotions drive behaviour?

What can parents do to help?

<u>Managing child worries Workshop (45 mins)</u>

Date: Thursday 21st October 1:45pm

This workshop aims to provide information about what is anxiety and what parents, and carers can do to help their child to manage and reduce the impact of worry and fear in their lives.