



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 12-1pm, with the exception of the first workshop.**

Tuesday 10th May, 4-5pm: Understanding Anxiety

18th May: Understanding Challenging Behaviour

8th June: Helping Children with Anger

22nd June: Effective Discipline

6th July: Resilience Workshop

If you would like to join any of these sessions, please email the address below with the date/time and name 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 you have asked for, 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).