



**Family Support Service by SCTSP in Partnership with Staffordshire County Council**

## **SOUTH STAFFORDSHIRE**

### **FREE ONLINE BEHAVIOUR & WELLBEING WORKSHOPS/PROGRAMMES**

#### **Programmes for Parents**

**4- week Understanding and Managing Challenging Behaviour Programme**

**Topics include: Anger, Defiance, Anxiety, Low Self Esteem**

**Start Date: Monday 5th October: 9.30-10.30am**

**Understanding and Managing Anger and Difficult Feelings Workshop**

**Thursday 29th October 6-7pm**

**Parent Wellbeing Workshop**

**Thursday 22<sup>nd</sup> October: 11-12pm**

#### **Workshops for Parents and Children to do together**

**Helping Children to Understand and Build Self Esteem**

**Wednesday 7th October: 6-7pm**

**Helping Children to Understand and Manage Anxiety and Worries**

**Saturday 17<sup>th</sup> October: 10-11am**

To book your place please email your name, date of programme and telephone number to [raminderdhaliwal.fss@sctsp.org.uk](mailto:raminderdhaliwal.fss@sctsp.org.uk) or

text/phone with your name, date of programme and email address to [07741645691](tel:07741645691)

Once you have booked onto you will be sent instructions on how to access the

Workshop/Programme.

