**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 9th November: 1-2pm**

**4 – week Parent Wellbeing Programme**

**Topics include: Emotional Wellbeing, Building Confidence, Stress and Anxiety**

**Start Date: Thursday 12th November: 1-2pm**

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

**Helping Children to understand and manage Challenging Behaviours**

**Topics include: Inflexible Thinking and Impulse Behaviours**

**Wednesday 18th November: 6-7pm**

**Helping Children to Understand and Manage Anger and Difficult Feelings**

**Saturday 5th December: 10-11am**

To book your place please email your **name, date of programme and telephone number** to raminderdhaliwal.fss@sctsp.org.uk or

text/phone with your **name, date of programme and email address** to 07741645691

Once you have booked onto you will be sent instructions on how to access the Workshop/Programme. 