



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: Wednesday 20th January 2021

10-11am

Parent Wellbeing Workshop

Topics include: Emotional Wellbeing, Building Confidence

Date: Monday 22nd February 2021

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](tel:07741645691)

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

Workshop/Programme.

