



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

SOUTH STAFFORDSHIRE

FREE ONLINE BEHAVIOUR & WELLBEING WORKSHOPS/PROGRAMMES

Programmes/Workshops for Parents

Parent Wellbeing Workshop

Topics include: Emotional Wellbeing, Building Confidence

Date: Monday 22nd February 2021

10-11am

Workshops/Programmes

for Parents and Children to access together

Helping Children to Understand and Manage Anger and Difficult Feelings

Tuesday 23rd February 2-3pm

Helping Children to Understand and Manage Worries and Anxiety

Tuesday 2nd March 2-3pm

Workshops are suitable for children 7 and above

To book your place please email your **name, date of programme and phone number** to raminderdhalwal.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.

