



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

## **South Staffordshire**

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

#### **Programme for Parents**

**4- week Programme Understanding and Managing**

**Defiant Behaviours and Anger in Children and Young people**

**Start Date: Wednesday 3<sup>rd</sup> November: 1.30-2.30pm**

#### **Workshops for Parents: October –December 2021**

**Parent Wellbeing session**

**Topics covered: Understanding emotions, building confidence & feeling more positive**

**Date: Monday 18th October: 1.30-2.30pm**

**Helping children to develop a Positive attitude and Growth Mind-set**

**Date: Monday 15th November: 1.30-2.30pm**

**Helping children manage anxiety and worries**

**Date: Wednesday 8th December: 1.30-2.30pm**

To book your place please email your **name, date of programme and phone number** to [raminderdhalival.fss@sctsp.org.uk](mailto:raminderdhalival.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.

