



**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 22<sup>nd</sup> February 2021**

**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.

