



Family Support Service by SCTSP in Partnership with Staffordshire County Council

CANNOCK

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 3rd November: 11-12pm

Workshops for Parents: October –December 2021

Parent Wellbeing session

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

Date: Monday 4th October: 1.30-2.30pm

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

Date: Monday 1st November: 1.30-2.30pm

Helping children manage anxiety and worries

Date: Wednesday 8th December: 11-12pm

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

