

HELPING HANDS OUTREACH AUTUMN 2023 VIRTUAL WORKSHOPS



We run monthly workshops on a range of topics including: Exploring Behaviours That Can Challenge, Introduction to Sleep, Supporting Anxiety in Children, Supporting with Transitions, Introduction to Sensory Processing.

These group workshops are open to any parents/carers of children with additional needs, including families and professionals linked with Serennu, Nevill Hall and Caerphilly Children's Centre. For more information, please speak to the Family Liaison Officer at your local Children's Centre.

The workshops will take place online via a video-call.



**21ST
SEPTEMBER
10AM-12PM**

INTRODUCTION TO SLEEP

We will share ideas about how to manage common sleep difficulties in children and young people

Book by Midday on Thursday 14th September

**17TH
NOVEMBER
10AM- 12PM**

EXPLORING BEHAVIOURS THAT CAN CHALLENGE

We will be sharing ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge.

Book by Midday on Wednesday 10th November



MORE WORKSHOPS COMING SOON

**SCAN QR CODE BELOW TO SIGN UP TO THE MAILING LIST
TO BE KEPT UP TO DATE**



BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST

To book a space on one of these workshops, or subscribe to our workshop mailing list for updates on all our future workshops, you can:

- Scan the QR code
- Click on the QR code
- Follow this link <https://forms.office.com/e/DfqfWSd0kK>