



Family Support Service by SCTSP in Partnership with Staffordshire County Council

CANNOCK

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: Tuesday 6th October: 9.30-10.30am

Understanding and Managing Anger and Difficult Feelings Workshop

Thursday 15th October 6-7pm

Parent Wellbeing Workshop

Thursday 22nd October 9.30-10.30am

Workshops for Parents and Children to do together

Helping Children to Understand and Build Self Esteem

Wednesday 14th October: 6-7pm

Helping Children to Understand and Manage Anxiety and Worries

Saturday 24th October: 10-11am

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

