



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

## **South Staffordshire**

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

#### **Workshops for Parents: January- March 2022**

**Helping children to manage anger and difficult emotions**

**Date: Monday 24<sup>th</sup> January: 1.30-2.30pm**

#### **Parent Wellbeing Workshop**

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

**Monday 7<sup>th</sup> March: 1.30-2.30pm**

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