

HELPING HANDS OUTREACH

SPRING 2024 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.



**MONDAY 18TH
MARCH 12:30-
2:30PM**

SUPPORTING ANXIETY IN CHILDREN

We will share ideas about how to support children and young people with anxiety and worry. We will also be offering some tips for reducing stress at Christmas.

Book by Midday on Monday 11th March

**MONDAY
29TH APRIL
10AM-12PM**

INTRODUCTION TO SLEEP

We will share ideas related to common sleep difficulties seen in children and young people

Book by Midday on Monday 22nd April

**MONDAY
20TH MAY
10AM-12PM**

SUPPORTING TRANSITIONS

As we approach the end of the school year, we will be sharing ideas around how to support your child with transitions and separations

Book by Midday on Friday 13th May



BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST

To book a space on one of these workshops, or subscribe to our mailing list for updates on upcoming workshops:

- Scan or click on the QR code
- Visit <https://forms.office.com/e/DfqfWSd0kK>