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

**STAFFORD/STONE**

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

**Programmes for Parents**

**4- week Understanding and Managing Challenging Behaviour in**

**Children and Young People Programme**

**Topics include: Anger, Defiance, Anxiety, Low Self Esteem**

**Start Date: Wednesday 7th October: 9.30-10.30am**

**Understanding and Managing Anger and Difficult Feelings Workshop**

**Thursday 22nd October 6-7pm**

**Parent Wellbeing Workshop**

**Friday 23rd October: 9.30-10.30am**

**Workshops for Parents and Children to do together**

**Helping Children to Understand and Build Self Esteem Workshop**

**Wednesday 21st October: 6-7pm**

**Helping Children to Understand and Manage Anxiety and Worries Workshop**

**Saturday 31st October: 10-11am**

To book your place please email your **name, date of programme and phone number** to raminderdhaliwal.fss@sctsp.org.uk or

 text/phone with your **name, date of programme and email address** to 07741645691

Once you have booked onto you will be sent instructions on how to access the Workshop/Programme. 