



contact

For families  
with disabled children

## DO YOU CARE FOR A YOUNG CHILD WITH ADDITIONAL NEEDS?

COME ALONG TO OUR FREE WORKSHOPS!

**Our welcoming and informative sessions cover a  
range of topics, including:**

Encouraging positive behaviour | Helping your child sleep  
Money matters | Wellbeing for you

Our free virtual workshops provide additional support for families who may be struggling during this crisis. They take place via Zoom.

To see our full September schedule, including how to book, please see overleaf.

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Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

# WORKSHOP PROGRAMME

## ENCOURAGING POSITIVE BEHAVIOUR

We will look at why our children behave the way they do, how to encourage positive behaviour and top tips to help.

Tuesday 1 September 12:00 – 14:00 [Register on eventbrite](#)

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Wednesday 9 September 19:30 – 21:30 [Register on eventbrite](#)

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Thursday 17 September 10:00 – 12:00 [Register on eventbrite](#)

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## HELPING YOUR CHILD SLEEP

Learn why sleep problems may occur, how to introduce a sleep routine and top tips to help.

Tuesday 8 September 12:00 – 14:00 [Register on eventbrite](#)

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Wednesday 16 September 19:30 – 21:30 [Register on eventbrite](#)

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Thursday 24 September 10:00 – 12:00 [Register on eventbrite](#)

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## MONEY MATTERS

Understand what you're entitled to and how to improve your finances, plus where to get support.

Thursday 10 September 10:00 – 14:00 [Register on eventbrite](#)

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Tuesday 15 September 12:00 – 14:00 [Register on eventbrite](#)

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Wednesday 23 September 19:30 – 21:30 [Register on eventbrite](#)

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## WELLBEING FOR YOU

Understanding stress, five ways to wellbeing, learn positive ways of coping.

Tuesday 22 September 12:00 – 14:00 [Register on eventbrite](#)

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Tuesday 29 September 10:00 – 12:00 [Register on eventbrite](#)

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Wednesday 30 September 19:30 – 21:30 [Register on eventbrite](#)

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