

Upcoming Parent Workshops at Visyon this Half Term

(Workshops held at Visyon, Fellowship House, Congleton, CW12 4DP)

Week Beg.	Monday	Tuesday	Wednesday
18/09/2022		Sleep Workshop 10.30 am – 12.30 pm (20/09/2022)	Helping Children Manage Worries and Anxiety (7 week programme) 10.30am – 12 pm (Commencing 21/09) Suicide and Self Harm 1.00pm – 2.30 pm (21/09/2022)
25/09/2022	Low Mood 10.30 am – 12.00 pm (26/09/2022)	Healthy Relationships 10.30 am – 12.00 pm (27/09/2022)	Helping Children Manage Worries and Anxiety continues (week 2 as above) Connecting with Teenagers 1.00pm – 2.30 pm (28/09/2022)
02/10/2022		Supporting Your Child with their Sexuality 10.30 am – 12.00 pm (04/10/2022)	Helping Children Manage Worries and Anxiety continues (week 3 as above) Blended Families 1.00 pm – 2.30 pm (05/10/2022)
09/10/2022	Building your Child's Resilience and Self Esteem 10.30 am – 12.00 pm (10/10/2022)	Loss and Bereavement 1.00 pm – 2.30 pm (11/10/2022)	Helping Children Manage Worries and Anxiety continues (week 4 as above) Anxiety Parent Workshop 1.00pm – 2.30 pm (12/10/2022)
16/10/2022	Supporting our Child with the World of Social Media. 10.30 am – 12.00 pm (17/10/2022)	Sleep Workshop 10.30 am – 12.30 pm (18/10/2022)	Helping Children Manage Worries and Anxiety continues (week 5 as above) Suicide and Self Harm 1.00pm – 2.30 pm (19/10/2022)

For further information/and or to book a place, please email the FamiliesandCommunitiesTeam@Visyon.org.uk. Places are limited and will be allocated on a first come basis.