



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 | Early years education

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

For our August dates, 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

Wednesday 18 August 10:00 am to 12:00 pm

UNDERSTANDING SLEEP

- The importance of sleep and why sleep problems may occur
- How to introduce a sleep routine
- Top tips to help

[Register on eventbrite](#)

Thursday 19 August 10:00 am to 12:00 pm

ENCOURAGING POSITIVE BEHAVIOUR

- Understand the reasons for behaviour
- Working with others to encourage positive behaviour
- Top tips to help

[Register on eventbrite](#)

Tuesday 24 August 7:00 pm to 9:00 pm

MONEY MATTERS

- Know how to improve your finances
- Understand what you're entitled to
- Know where to get support

[Register on eventbrite](#)

Wednesday 25 August 7:00 pm to 9:00 pm

HANDLING MEETINGS

- Develop better communication skills and recognise your strengths
- Feel more confident to make decisions about your child
- Prepare for meetings with professionals

[Register on eventbrite](#)