

Workshops and support for parent carers

*Learn from our experienced trainers in a supportive, non-judgemental space
Hear other parents' experiences; share as much or as little of your story as you wish*

Free online workshops and Listening Ear appointments for families in Middlesbrough, Darlington and Redcar & Cleveland with Children with Neurodevelopment Needs

Parent Carer Workshops

Understanding Sensory Processing	Thursday 21 April 10.00am – 12.00pm
Brighter Beginnings: Encouraging Positive Behaviour	Thursday 29 April 10.00am – 12.00pm
Brighter Beginnings: Supporting your child's sleep Webinar	Tuesday 4 May 10.00am – 12.00pm
Understanding Sensory Processing Webinar	Wednesday 12 May 10.00am – 12.00pm
Brighter Beginnings: Encouraging Positive Behaviour	Wednesday 26 May 10.00am – 12.00pm



To book:

Use the link below to find our workshops on Eventbrite, simply register to book your place
[Contact Events | Eventbrite](#)

To find out more information about each workshop follow this link:

[Family workshops and events | Contact](#)



Listening Ear Appointments

You might be struggling emotionally and looking for strategies to help you cope. Or maybe you just need to talk to someone who understands the extra challenges you face and who can point you in the right direction to get the support you need for your family.

To help, we offer 1-1 telephone appointments with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support.

To book a listening Ear appointment please visit: www.contact-tees.eventbrite.co.uk

If you have any queries about Listening Ear Appointments or Workshops, please contact: south.tees@contact.org.uk or call our Freephone number **0800 2540890**

Find more workshops and other advice and opportunities at www.contact.org.uk

