

FAMILIES AND COMMUNITIES TEAM

PARENT WORKSHOPS



Parent Workshop: Supporting children with Loss and Bereavement.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop**. This workshop will help you to understand what death, grief and bereavement mean to a child and why they may struggle saying goodbye. We explore techniques to help support a child to cope with grief.

This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact FamiliesandCommunitiesTeam@visyon.org.uk who will contact you with further details.

Places are limited and will be allocated on a first come basis.

Parent Workshop Date:

- Tuesday 21st March at 10.30 am – 12.00 pm.



SLEEP WORKSHOPS

Supporting your child with sleep (2-hour workshop)

Visyon's Family and Community Wellbeing Team are pleased to offer a **Parent Workshop** which will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep.

The Workshop is available to families of children **in reception and above** in **Cheshire East** and will be held at **Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place, please contact FamiliesandCommunitiesTeam@visyon.org.uk who will contact you with further details.

Places are limited and will be allocated on a first come basis.

Parent Workshop

Tuesday 28TH March at 10:30am – 12:30pm

Plus: One-to-one support with a sleep practitioner, arranged for a later convenient date.



FAMILIES AND COMMUNITIES TEAM

PARENT WORKSHOPS



Parent Workshop: Supporting children with Additional Needs.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop**. In this workshop we will explore the different categories of Additional Need and how they can impact children's Mental Health and Wellbeing. We will examine how you can identify a child's needs, in various environments (especially at home and at school) and how you can support them. We will provide information on a child's rights and how you can ensure that they receive the appropriate support and acceptance in their various environments.



This workshop is available to families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery.

If you would like to book a place on the Workshop, please contact FamiliesandCommunitiesTeam@visyon.org.uk who will contact you with further details.

Places are limited and will be allocated on a first come basis.

Parent Workshop – Supporting children with Additional Needs

- Wednesday 29th March at 10.30 am – 12.00 pm.