





BIRTH TO FIVE: FREE INFORMATION WORKSHOP PROGRAMME

Welcoming and informative sessions for parents and
carers of children aged 0–5 who have additional needs
10am–12pm – refreshments provided

Venue: Limbrick Wood Centre, Thomas Naul Croft, Coventry, CV4 9QX

To find out more, or to book your free session, please email:

 westmids.office@contact.org.uk  **0121 274 0437**

contact *For families
with disabled children*

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

WORKSHOP PROGRAMME

Tuesday, January 16

SUPPORT AND INFORMATION

- Know about support services for you and your family
- Know how to find support in your local area
- Understand how to get support

Tuesday, January 23

ENCOURAGING POSITIVE BEHAVIOUR

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

Tuesday, January 30

BUILDING PARENTAL CONFIDENCE

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

Tuesday, February 6

MONEY MATTERS

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

Come to all, or any, of the sessions. You are welcome to bring someone along to support you if needed. Some assistance towards childcare may be available. Free onsite parking.

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