



These workshops are aimed at parents and carers that would like to learn and explore more about Anxiety, sleep, parenting styles and labelling. You can attend just one or all three. Please email the worker who will be facilitating the workshops you would like a place on....places are limited!!

**10<sup>th</sup> November at 10am – Anxiety**  
([Sarah.haddrell@cambridgeshire.gov.uk](mailto:Sarah.haddrell@cambridgeshire.gov.uk))

**17<sup>th</sup> November at 10am – Parenting styles and labelling**  
([Amanda.gilbert@cambridgeshire.gov.uk](mailto:Amanda.gilbert@cambridgeshire.gov.uk))

**24<sup>th</sup> November at 10am – Sleep**  
([Shelley.bari@cambridgeshire.gov.uk](mailto:Shelley.bari@cambridgeshire.gov.uk))

If you'd like to join the workshop you will need internet access and a device able to connect to Microsoft Teams via web browser. The sessions will last 1 hour approximately.  
(Full access instructions will be given once your place is booked)

We understand that you may have children in the house with you and so there is no obligation for you to stay on the call the entirety of each workshop, as we appreciate you may have to leave from time to time.