



We are offering online workshops that will cover a variety of topics for parents and carers to attend. Workshops will be offered online each Monday up until December and will start at 12 and finish at 1pm.

4 th October: Anxiety Workshop	8 th November: Anxiety Workshop
11 th October: Sleep Workshop	15 th October: Sleep Workshop
18 th October: Anxiety Workshop	22 nd November: Anger Workshop
25 th October: Sibling Rivalry Workshop	29 th November: Sibling Rivalry Workshop
1 st November: Anger Workshop	6 th December: Anger Workshop

If you would like to join any of these sessions, please email the address below with the date of the session/sessions you wish to attend and you will be added to the interest list.

We require names and a contact number and the name of the Primary School your child/children attend.

Your details will only be recorded on the interest list for the sessions, and in line with GDPR regulations. Consent to participate in any of these sessions will be presumed when you click the link to join on the electronic invitation, which will be sent out the day before.

These emails may go into spam folders so please check carefully.

**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.
(Full access instructions will be given once your place is booked).**



**Cambridgeshire
County Council**



**To book your place please contact
Lorraine.simon@cambridgeshire.gov.uk**