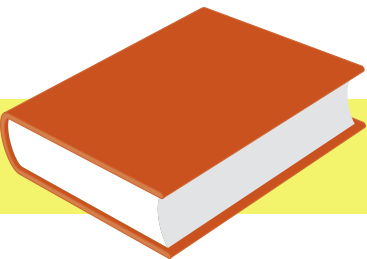


PARENTS & CARERS ONLINE WORKSHOPS

**JOIN US FOR A FREE WEBINAR
FOR PARENTS & CARERS ON
SUPPORTING YOUR CHILD
WITH
EXAM STRESS,
MANAGING YOUR CHILD'S
WORRIES
&
SLEEP**

**CAMHS SHINE TEAM
WILL BE RUNNING A RANGE
OF WORKSHOPS ON MS
TEAMS FOR PARENTS &
CARERS DURING
MARCH/APRIL HALF TERM.**



As parents, we all want the best for our children.

**1 hour workshops sharing tips
and ideas on strategies to help with
Exam Stress,
Managing your child's worries
&
Sleep
Where: Live online
When:**

- Exam Stress 27/03/24 - 10:00
- Managing your child's worries 27/03/24 - 14:00
- Exam Stress 28/03/24 - 10:00
- Managing your child's worries 28/03/24 - 14:00
- Sleep 03/04/24 - 10:00
- Sleep 04/04/24 - 10:00

**BOOKING INFORMATION
PLEASE SCAN THE QR CODE BELOW:**



27TH AM QR



28TH PM QR



27TH PM QR



3RD QR



28TH AM QR



4TH QR