



Trailblazers Parent Sessions



Come and Meet out Mental Health Support worker

Trail Blazers mental health support worker, Beate Benton, will be offering some supportive workshops for our parents and families. Parents of any aged children are welcome. Sessions will be conducted in an open informal group where she will be offering advice on the following workshops listed below. After the session, Beate will be available for any questions or further support.

To help us plan for these events, please phone 01782 973800 to indicate your interest in attendance or contact Miss Mohring on e.mohring@cflptrust.co.uk.

Tea, coffee and biscuits will be supplied so don't miss out!

Focus of Session	Date
Sleep workshop <i>Strategies on how to enable your child to establish a bedtime routine and gain a good nights sleep</i>	Wednesday 15 th March 3:30pm - 5pm
Anxiety in Children <i>Strategies to support your child with anxiety and advice on how you can support</i>	Wednesday 29 th March 3:30pm - 5pm

