

# Family Hubs and Children's Centres

## Online Offer January - March 2025

These are available through Microsoft Teams contact your local Children's Centre for more information and to book on to sessions.

**Be Inspired** a 6-week programme for parents/carers to develop their self-confidence and communication skills.

- **Wednesday 15 January -19 February 7:30pm - 9pm**

**Behaviour Strategy** a one-hour workshop to support parents/carers to manage family life and challenging behaviours.

- **Thursday 16 January 10am - 11am**
- **Tuesday 11 February 6pm - 7pm**
- **Wednesday 12 March 7:30pm-8:30pm**

**Ducklings** a 4-week course to support parents who have a child who is newly diagnosed with autism spectrum condition or is awaiting an assessment with the Child Development Centre.

- **Tuesday 21, 28 January, 4, 11 February 7pm- 8.30pm**
- **Tuesday 11, 18, 25 March, 1 April 7pm-8:30pm**

**Fussy Eating** a workshop to encourage positive mealtimes.

- **Thursday 16 January 1:30pm-2:30pm**
- **Tuesday 11<sup>th</sup> February 10:30am-11:30am**

**Sleep Matters** a workshop to promote positive bedtimes.

- **Thursday 30<sup>th</sup> January 1:30pm-2:30pm**
- **Monday 10 February 7:30pm-8:30pm**

**Toilet Training** a workshop to support your child to use the toilet independently.

- **Thursday 23 January 1:30pm-2:30pm**
- **Monday 3 February 10am-11am.**
- **Thursday 20 March 6pm-7pm**



Five to thrive  
champions

