

Brighter Beginnings: workshops for parent carers

contact For families
with disabled children

*Learn from our trainers in a supportive, non-judgemental space
Hear other parents' experiences; share as much or as little of your story as you wish*

Free online sessions for parent carers in the West Midlands

Supporting your child to sleep – Weds 24th February [Book here](#)

Encouraging Positive Behaviour – Tues 2nd March [Book here](#)

Growing Up (Puberty) – Tues 9th March [Book here](#)

Your Wellbeing – Thurs 11th March [Book here](#)

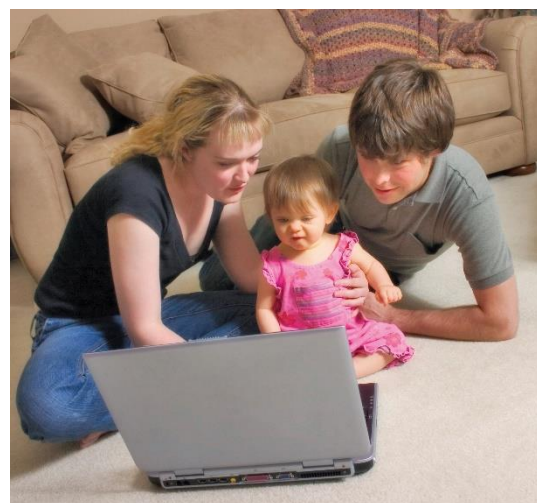
Money Matters – Weds 17th March [Book here](#)

Education (School Age) – Tues 23rd March [Book here](#)

Education (Early Years) – Weds 24th March [Book here](#)

Siblings – Thurs 25th March [Book here](#)

Handling Meetings Effectively – Tues 30th March [Book here](#)



All sessions run 19:30 to 21:30 via Zoom



Further details from: claire.robinson@contact.org.uk

contact For families
with disabled children

Brighter Beginnings ® is a registered trademark
Copyright © 2019 Contact

