



CALM SOLUTIONS TO EMOTIONAL SITUATIONS

FREE Online and face to face Workshops for parents and carers
in North East Lincolnshire

It is common for some young children to have challenging behaviour, particularly if they have additional needs. This workshop is being delivered as part of the Autism in Schools programme and will explore some of the issues around behaviour and will look at ways of supporting and encouraging your child. You will gain a better understanding of why children behave the way they do and learn ways to handle difficult situations in a calm, stress-free manner. Group discussions will explore what might help and how to get support and help.

- **Thursday 9 February 2023 - 6.00pm-8.00pm online via Zoom**
- **Thursday 4 May 2023 - 10.30am-12.30pm face to face, Grimsby Town Hall**

Spaces are limited. To secure your place on one of these FREE workshops
please book via [Eventbrite here](#)

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).