



HENRY Workshops for families with children 0-12 years.

Looking after ourselves

Family life can be stressful. This **free** online workshop helps you find ways to take time for yourself and stay calm so you can juggle everything better.

This workshop will be running on the following dates:

Wednesday 24th February 1.15pm-2.45pm

or

Thursday 11th March 9.30am-11am

or

Wednesday 24th March 1.15pm-2.45pm

Sign up here: <http://bit.ly/HENRY-RCH-Workshops-Signup>

Understanding children's behaviour

Find out what might be driving your child's behaviour and help them manage their feelings so that family life runs more smoothly.

This **free** online workshop will be running on the following dates:

Thursday 25th February 9.30am-11am

or

Thursday 4th March 9.30am-11am

or

Wednesday 10th March 1.15pm-2.45pm

or

Thursday 18th March 9.30am-11am

Sign up here: <http://bit.ly/HENRY-RCH-Workshops-Signup>

Eating well for less

Healthy eating doesn't have to be expensive. This **free** online workshop helps the whole family to eat well for less, including tips for a cheaper shopping basket.

This workshop will be running on the following dates:

Wednesday 3rd March 1.15pm-2.45pm

or

Thursday 17th March 9.30am-11am

or

Thursday 25th March 9.30am-11am

Sign up here: <http://bit.ly/HENRY-RCH-Workshops-Signup>