



DO YOU CARE FOR A CHILD WITH A NEURODEVELOPMENTAL NEED?

Do you live in Darlington, Middlesbrough or Redcar & Cleveland?

FREE VIRTUAL WORKSHOPS & WEBINARS!

Wellbeing for parent carers | Supporting sensory needs
Helping your child sleep | Encouraging positive behaviour

Small group events on a range of topics. Hear from an expert, ask questions, meet other parents and share ideas.

To book our online workshops visit contact-tees.eventbrite.co.uk

CONTACT'S FREE LISTENING EAR SERVICE

Emotional support | Advice | Ideas to help you cope
Free, confidential help over the phone with a family support adviser

To book an appointment visit contact-tees.eventbrite.co.uk

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).

WORKSHOP PROGRAMME

Wednesday 26 May, 10.00 pm – 12.00 pm

ENCOURAGING POSITIVE BEHAVIOUR

- Understand the reasons for behaviour
- Working with others to encourage positive behaviour
- Top tips to help

[Register on Eventbrite](#)

Wednesday 9 June, 19.30 pm – 21.30 pm

WELLBEING FOR YOU

- Understanding stress
- Five ways to wellbeing
- learn positive ways of coping

[Register on Eventbrite](#)

Wednesday 23 June, 10.00 am – 12.00 pm

SUPPORTING YOUR CHILD'S SLEEP

- The importance of sleep and why sleep problems may occur
- How to introduce a sleep routine
- Top tips to help

[Register on Eventbrite](#)

Wednesday 30 June, 10.00 am – 12.00 pm

UNDERSTANDING SENSORY PROCESSING

- Learn more about sensory processing and sensory integration
- Reflect on your child's sensory needs,
- Identify new approaches to support you

[Register on Eventbrite](#)