

# Upcoming Parent Workshops at Visyon this Half Term

(Workshops held at Visyon, Fellowship House, Congleton, CW12 4DP)

For further information/and or to book a place, please email the [FamiliesandCommunitiesTeam@Visyon.org.uk](mailto:FamiliesandCommunitiesTeam@Visyon.org.uk) (**Please detail the Workshop name in the subject box of your email and provide a contact number**). Places are limited and will be allocated on a first come basis. *If you believe you would benefit from one of our Workshops, but the dates/timings are not convenient, please get in touch as above.*

Week Commencing	Monday	Tuesday	Wednesday
15/01/2023	<p><b>Supporting your child with the world of social media.</b></p> <p>6.00 pm – 7.30 pm (16/01/2023)</p>	<p><b>Low Mood</b></p> <p>10.00 am – 11.30 am (17/01/2023)</p>	
29/01/2023	<p><b>Supporting your child with the ‘Academic World’</b></p> <p>6.00 pm – 7.30 pm (30/01/2023)</p>	<p><b>Resilience and Self-esteem</b></p> <p>10.00 am – 11.30 am (31/01/2023)</p>	<p><b>Helping Children Manage Worries and Anxiety, Workshop Programme</b></p> <p>10.30 am – 12.00 pm</p> <ul style="list-style-type: none"> <li>• 01/02/2023 – Week1</li> <li>• 08/02/2023 – Week 2</li> <li>• 15/02/2023 – Week 3</li> <li>• 01/03/2023 – Week 4</li> <li>• 08/03/2023 – Week 5</li> <li>• 15/03/2023 – Week 6</li> <li>• 22/03/2023 – Week 7</li> </ul>

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Week Commencing	Monday	Tuesday	Wednesday
06/02/2023		<b>Childhood Development</b> 10.00 am – 11.30 pm (07/02/2023)	
12/02/2023	<b>Suicide and Self Harm</b> 10.00 am – 11.30 am (13/02/2023)		