




## BIRTH TO FIVE: FREE INFORMATION WORKSHOP PROGRAMME


Welcoming and informative sessions for parents and carers of children aged 0–5 who have additional needs, covering local support, confidence and money matters

12.30–2.45pm – refreshments provided

**Venue:** 1st Place Children and Parents' Centre, 12 Chumleigh Street  
London SE5 0RN

To find out more or to book your free session, please email Vicky

 [vicky.keeping@contact.org.uk](mailto:vicky.keeping@contact.org.uk)

Call or text Vicky on  07458 046 075 or speak to someone at 1st Place

**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

Thursday 9 November 2017

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## **SUPPORT AND INFORMATION**

- Know about support services for you and your family
- Know how to find support in your local area
- Understand how to get support

Thursday 16 November 2017

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## **ENCOURAGING POSITIVE BEHAVIOUR**

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

Thursday 23 November 2017

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## **BUILDING PARENTAL CONFIDENCE**

- Develop better communication skills
- Feel more confident to make decisions about your child
- Prepare for meetings with professionals

Thursday 30 November 2017

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## **MONEY MATTERS**

- Know how to improve your finances
- Understand what you're entitled to
- Know where to get support

Come to all, or any, of the sessions. You are welcome to bring someone along to support you if needed. Free crèche facility provided – please book in advance.

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