



contact

For families  
with disabled children

## DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS?

COME ALONG TO OUR FREE WORKSHOPS!

**Our welcoming and informative sessions cover a  
range of topics, including:**

Supporting your child's sleep | You and your wellbeing  
Encouraging positive behaviour

Our free virtual workshops provide additional support for families during this pandemic.  
They take place via Zoom.

You can join them all, or just those that suit your needs. For more information please  
contact [nireland.office@cafamily.org.uk](mailto:nireland.office@cafamily.org.uk)

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

# WORKSHOP PROGRAMME

Thursday 10 June, 7.00 pm – 8.00 pm

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## **SUPPORT FOR YOU**

Join Contact and guest speakers to find out more about what we do to support you and your family. The Family Fund will share the grants available for your child and family. Mae Murray Foundation will chat through the different events they are running this summer and accessible beach equipment for hire.

[Register on Eventbrite](#)

Friday 11 June, 10.00 am – 12.00 noon

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## **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](#)

Friday 18 June, 12.30 am – 2.30 pm

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## **ENCOURAGING POSITIVE BEHAVIOUR**

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

[Register on Eventbrite](#)

Thursday 24 June 10.30 am – 12.30 pm

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## **YOU & YOUR WELLBEING**

- Building your network of support
- A little about stress
- Top tips on taking care of mental and physical health.

[Register on Eventbrite](#)