



DO YOU CARE FOR A CHILD WITH A NEURODEVELOPMENTAL NEED?

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

FREE VIRTUAL WORKSHOPS & WEBINARS!

Understanding sensory processing
Wellbeing for parent carers | 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 TELEPHONE SUPPORT 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*

WORKSHOP PROGRAMME

Thursday 4 November, 10.00 am - 12.00 noon

UNDERSTANDING SENSORY PROCESSING

Learn more about sensory processing, reflect on your child's sensory needs and identify new approaches to support you.

[Register on Eventbrite](#)

Wednesday 10 November, 10.00 am - 12.00 noon

WELLBEING FOR PARENT CARERS

Understand what stress is and how it affects you. Learn about coping mechanisms and each other's coping styles, and identify new ways of coping with stress & reducing your stress levels.

[Register on Eventbrite](#)

Wednesday 24 November, 10.00 am – 12.00 noon

ENCOURAGING POSITIVE BEHAVIOUR

Understand why children behave the way they do and learn ways to handle difficult situations in a calm, stress-free manner, plus top tips to help.

[Register on Eventbrite](#)

Find out more by contacting: south.tees@contact.org.uk
or call our freephone number on **0800 2540 890**

www.contact.org.uk

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