



**BRIGHTER  
BEGINNINGS**

Practical advice for  
parents of children  
with additional  
needs aged 0-5

## DO YOU CARE FOR A CHILD WITH ADDITIONAL NEEDS AGED 0-5?

COME ALONG TO OUR FREE WORKSHOPS!

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

Help and support near you | Help with education  
How to handle meetings | Encouraging positive behaviour

**Venue:** York Sports Club, Clifton Park, Shipton Road, York YO30 5OE

**Dates:** Thursdays 23 and 30 January, 6 and 13 February 2020

**Time:** 09:45 – 12:30 including lunch

(Please let us know if you have any special dietary requirements)

**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 23 January

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## WHERE TO FIND SUPPORT & HELP IN YOUR AREA

Find out about the range of local and national support services available for you and your family.

Thursday 30 January

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## HOW TO HANDLE MEETINGS: PRACTICAL HINTS & TIPS

Develop skills to feel more confident in making decisions about your child when meeting and communicating with professionals, and help you look after yourself and your family

Thursday 6 February

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## ENCOURAGING POSITIVE BEHAVIOUR

We will look at why our children behave the way they do, how to encourage positive behaviour and top tips to help.

Thursday 13 February

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## HOW TO GET WHAT YOU NEED FOR YOUR CHILD'S EDUCATION

We will focus on the educational support that children and young people are entitled to with regards to their special educational needs.

**Come along and meet other parents in a relaxed environment, and find out information to support you and your family.**

Bookings can be made by calling Helen Davies on **07966 161 753**  
or by emailing **bookings@contact.org.uk**

Additional childcare costs can be reimbursed if required.  
Please ask when booking.