

# EALING PARENTING SERVICE SPRING TERM 2024 WORKSHOP SCHEDULE JANUARY & FEBRUARY

**Tuesday, 23rd January**

10am-12pm via MS Teams

## **Understanding Your Teen**

This workshop will look at emotional development through adolescence, to help better understand teenage behaviour and enable us to empathise with their experience. The workshop will also discuss mental health and the support available

This session is for parents/carers of young people aged 12-18 years

**Wednesday, 31st January**

10am-12pm via MS Teams

## **The Contact Ealing Team**

This workshop will look at the support available for families of children & young people with additional needs, including information on education, health, social care and financial issues

This session is aimed at all parents/carers

**Tuesday, 20th February**

10am-12pm via MS Teams

## **Employment, Benefits & Retraining**

This workshop will be delivered by Think Family Plus work coaches. You will discover what support is available for you, get advice on returning to work. You will receive help around retraining for a different career and will get a chance to have your questions answered

This session is aimed at all parents/carers

**Thursday, 29th February**

10am-12pm via MS Teams

## **Playful Interactions**

Explore your inner child as a way of connecting and communicating with children through playful interactions.

This session is aimed at all parents/carers

**Please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to book your place, giving your full name/email address/mobile no.**