

# Birth to Five: Free information workshop programme

**contact** a family  
for families with disabled children

Welcoming and informative sessions for parents and carers of children aged 0–5 who have additional needs  
10am-12pm – Free crèche places available

## Wednesday 20 September 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



Local support



Confidence

## Wednesday 27 September Building Parental Confidence

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

## Wednesday 4 October Encouraging positive behaviour

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



Behaviour



Money matters

## Wednesday 11 October Money Matters

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

### Venue

Queensway Children's Sure start  
Centre, Binbrook Way  
Willows Estate  
Grimsby, DN37 9AT



Supporting families

You are welcome to come to individual workshops or all of them

To find out more or to book a free place on any workshop please contact Karen Hoe by 5 September on 07920 654 966 or email [karen.hoe@cafamily.org.uk](mailto:karen.hoe@cafamily.org.uk)

### About Contact a Family

Contact a Family is a UK charity that provides support and information to families with disabled children, whatever the condition or disability.



### Our helpline

Our freephone helpline gives advice and information on any aspect of raising a disabled child, including help with finances, education, emotional and practical support.

 **0808 808 3555**    **helpline@cafamily.org.uk**

### Guides for parents

We have a range of guides for parents, free to parents who contact our helpline:

 **[www.cafamily.org.uk/publicationslist](http://www.cafamily.org.uk/publicationslist)**    **0808 808 3555**

### Contact a Family

209-211 City Road London EC1V 1JN

Freephone helpline: 0808 808 3555

Tel: 020 7608 8700 Fax: 020 7608 8701

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