



Birth to Five: Free information workshop programme

Welcoming and informative sessions for parents and carers of children aged 0–5 who have additional needs

11am-1pm – followed by a light lunch

Friday 23 June: 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



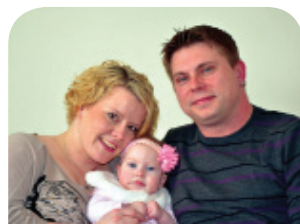
Confidence

Friday 30 June: Building Parental Confidence

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

Friday 7 July: Encouraging positive behaviour

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



Behaviour



Money matters

Friday 14 July: Money Matters

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

Venue:

Rose Road Association, Bradbury
Centre, 300 Aldermoor Road
SOUTHAMPTON, Hampshire
SO16 5NA



Supporting families

For more information and to book please contact Judy Trayford on
07920 654989 email **Judy.Trayford@cafamily.org.uk**

Please come to all sessions to get the most out of the course

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**  **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

Web: www.cafamily.org.uk

Email: info@cafamily.org.uk



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