

## FREE Workshops

### For all parents/carers\*

Sessions will be held either online via MS Teams or face to face at Hobbs Hill Wood Primary School HP3 8ER

Lite Bite	Date	Time & Location
Family Life on a Budget	Wed 18th October 2023	10:30 to 12:00 pm Online
Helping your Child to Manage Anger	Wed 15th November 2023	9:30 to 11:00 am Hobbs Hill Wood
Anxiety & Attendance	Tues 9th January 2024	10:00 to 11:30 am Online
Parent & Carer Wellbeing	Wed 28th February 2024	9:30 to 11:00 am Hobbs Hill Wood
Managing Worries & Anxiety	Wed 15th May 2024	10:00 to 11:30 am Online
Moving onto Secondary School	Thurs 20th June 2024	10:00 to 11:30 am Online

To book your place, please contact

Jan Nethercoat on:

[jnethercoat@hobbshillwood.herts.sch.uk](mailto:jnethercoat@hobbshillwood.herts.sch.uk)

Tel: 01442 401222 Ext: 5 (Term time only)

Please include contact details and name of child's school when booking

\*at present sessions can only be offered to parents/carers of those children/YP who attend a DFS North & East Partnership School

## Anxiety and Attendance

**Date** Tuesday 9<sup>th</sup> January 2024

**Time** 10:00 to 11:30 am  
Session will be held virtually via Microsoft Teams

**Is your child struggling to come into school?**

A **free** workshop for parents:

- What is anxiety – signs to look out for
- Strategies to manage anxiety and improve resilience and attendance
- Understand your child and their responses and behaviour



**For more details and to book, please email:**

[jnethercoat@hobbshillwood.herts.sch.uk](mailto:jnethercoat@hobbshillwood.herts.sch.uk)

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