

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

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

Family Life on a Budget

Date

Wednesday 18th October 2023

Time

10:30 to 12:00 pm

Session will be held virtually via Microsoft Teams

Join us for some money saving tips!

A **free** workshop for parents covering ideas to keep within your budgets including...Supermarket spending, Eating for less, Food banks and local charities, days out, energy saving, tax free childcare and more!



For more details and to book, please email:

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