



DO YOU CARE FOR A CHILD WITH A NEURODEVELOPMENTAL NEED?

Do you live in Darlington, Middlesbrough or Redcar & Cleveland?

FREE VIRTUAL WORKSHOPS & WEBINARS!

Wellbeing for parent carers | Supporting sensory needs
Helping your child sleep | Encouraging positive behaviour

Small group events on a range of topics. Hear from an expert, ask questions, meet other parents and share ideas.

To book our online workshops visit contact-tees.eventbrite.co.uk

CONTACT'S FREE LISTENING EAR SERVICE

Emotional support | Advice | Ideas to help you cope
Free, confidential help over the phone with a family support adviser

To book an appointment visit contact-tees.eventbrite.co.uk

contact *For families
with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

WORKSHOP PROGRAMME

Wednesday 7 July, 19.30 pm – 21.30 pm

ENCOURAGING POSITIVE BEHAVIOUR

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

[Register on Eventbrite](#)

Tuesday 13 July, 19.30 pm – 21.30 pm

WELLBEING FOR YOU

- Understanding stress
- Five ways to wellbeing
- learn positive ways of coping

[Register on Eventbrite](#)

Wednesday 14 July, 19.30 pm – 21.30 pm

SUPPORTING YOUR CHILD'S SLEEP

- The importance of sleep and why sleep problems may occur
- How to introduce a sleep routine
- Top tips to help

[Register on Eventbrite](#)

WHO ARE CONTACT?

National charity Contact is working with Tees Valley Clinical Commissioning Group. We help parents of children with disabilities and special educational needs and can help with your most pressing issues, like benefits and education. We guide families through services, and offer a listening ear during stressful times.

 [**contact.org.uk**](https://www.contact.org.uk)