

FREE LIVE ONLINE WORKSHOPS FOR YORK PARENTS SPRING/SUMMER 2024

FULLY BOOKED

**RAISING RESILIENT KIDS: STRESS AND
ANXIETY IN CHILDREN & YOUNG PEOPLE
TUESDAY 30TH APRIL 6PM**

**NAVIGATING THE STORM: MANAGING
CHALLENGING BEHAVIOUR
MONDAY 13TH MAY 6PM**

**GROWING THROUGH CHALLENGES:
EMOTIONAL RESILIENCE IN CHILDREN
MONDAY 3RD JUNE 6PM**

**PREPARING FOR THE SUMMER HOLIDAYS:
MANAGING CHALLENGING BEHAVIOUR
TUESDAY 9TH JULY 6PM**

**Book your
free place now**

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live-online-workshops](https://brightsparkscic.org.uk/live-online-workshops)**

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**BRIGHT
SPARKS**

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