

**Are you a parent or carer, who would like FREE support with your child?**

**Maybe we can help.... we are offering the following workshops.**



**Wednesday 10th September  
Aspire Family Hub  
10.00am-11.30am  
Understanding Anxiety  
CV1 2SF**

**Wednesday 2nd October  
Moat Family Hub 9.45am - 11.15am  
Understanding Neurodiversity  
CV2 1EQ**

**Booking preferred, please  
use QR or link below**

**<https://forms.office.com/e/Btw76vzCdf>**

**Wednesday 6th November  
Mosaic Family Hub  
10am-11.30am  
Understanding Self Harm  
CV4 9PL**



**Wednesday 11th December  
Mosaic Family Hub  
10am-11.30am  
Understanding BIG emotions  
CV4 9PL**

For further information or to book your place please contact Compass Shine on T: 02475 186206 or E: compass.cypeip@nhs.net