



## Are your children ready?

### Dates of workshops:

[Wednesday 22 July 12.30 to 2.30 pm](#)

[Thursday 23 July 10 am to 12 pm](#)

[Tuesday 28 July 10 am to 12 pm](#)

[Wednesday 29 July 7 to 9 pm](#)

[Tuesday 4 August 12.30 to 2.30 pm](#)

[Wednesday 5 August 1 to 3 pm](#)

[Tuesday 11 August 10am to 12 pm](#)

[Thursday 13 August 10 am to 12 pm](#)

[Monday 17 August 7 to 9 pm](#)

[Thursday 20 August 10 am to 12 pm](#)

[Tuesday 25 August 10 am to 12 pm](#)

[Thursday 27 August 10 am to 12 pm](#)

**A one-off 2 hour zoom workshop for parents with school aged children in Bristol, who may be worried about the return to school after Covid / Lockdown.**

Led by Parenting Specialist's from the Families in Focus Teams, this will be a safe space to think with other parent's about practical and positive ways on how best to help your child with returning to school.

- Why we need to talk about it
- What feelings and thoughts are involved
- How can we overcome some of the natural worry
- Practising new skills



To book a place please go to:

<https://www.eventbrite.co.uk/o/parenting-specialists-families-in-focus-bristol-city-council-30649752872>

**Families in Focus**



**Children & Families PARTNERSHIP**