

ONLINE PARENT/CARER WORKSHOPS

Jointly run by Off The Record and Croydon Drop In

Join us online for the following workshops. Sign up via Eventbrite by scanning the QR code below. Cameras and microphones can be turned off.



Helping your Child's Behaviour (Primary age)

Wed 21st February 5-6 pm

Helping your Child with Anxiety and Worries

Wed 28th February 5-6 pm

Looking After Yourself for Parents

Wed 6th March 5-6 pm

Introduction to Autism

Wed 13th March 5-6 pm

Introduction to ADHD

Wed 20th March 5-6 pm



Off The Record also run workshops for parents for support with **Self Harm** and **Emotionally Based School Avoidance** scan the QR code to the left to find out dates, times and how to sign up.



TALK TO US

OFF THE RECORD



Are you **OK**
Croydon?



You Talk,
We Listen
Croydon Drop In