

Psychoeducation Workshops which are offered by the CHUMS Family Wellbeing Team

CHUMS Sleep Workshops - CHUMS are offering Parent and Teenage Sleep Workshops [click here](#) to view the Building Resiliency in the Early Years information poster, [click here](#) to view The Power of Sleep for Teenagers information poster and [click here](#) to view children aged 4 -12 with sleep difficulties information poster. Please see below the booked dates for 2021. Parents that are interested need to email fwteam@chums.uk.com and they will be sent an information email along with a registration form to be completed in order to sign up for any of the workshops which will still be taking place virtually on Microsoft Teams.

Parent Sleep Workshop Dates:

Wednesday 2 December at 10.00am
Tuesday 12 January at 9.30am
Wednesday 3 February at 5.00pm
Thursday 4 March at 9.30am
Monday 29 March at 5.00pm

Teenage Sleep Workshop Dates:

Wednesday 9 December at 4.00pm
Monday 8 February at 4.00pm
Tuesday 20 April at 4.00pm

Building Resiliency in the Early Years (A Resiliency Workshop for parents of children aged 0-5)

Within the Family Wellbeing Team we have developed a workshop for parents of children between the ages of 0-5 years that explores the role of resiliency in healthy mental and emotional development. This workshop will take place via Microsoft Teams and will be approximately 2 hours long. This may be beneficial for parents of children currently in Nursery, Pre-School, Reception Class or Year 1.

The first workshop will take place on the **8 December 2020 at 9:30am** and we are hoping to be able to deliver the workshop again regularly throughout 2021. Again all parents need to do to sign up is email fwteam@chums.uk.com and they will be sent an information email along with a registration form they will need to complete in order to sign up for the workshop.