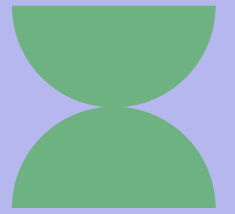


# Upcoming Events



**Central Beds Mental Health Support Teams  
Online Workshops  
for Parents & Caregivers (click on each to sign up!)**

**OCT  
16**  
*Emotionally Based  
School Avoidance - for  
parents & caregivers*  
5-6 PM

**JAN  
15**  
*Sleep Hygiene - for  
parents & caregivers*  
5-6PM

**APRIL  
30**  
*Helping Your Child  
with Exam Stress - for  
parents & caregivers*  
5-6 PM

**MAR  
04**  
*Understanding Worries  
in Children - for parents  
& caregivers*  
5-6 PM

**JUNE  
18**  
*Supporting School  
Transitions - for  
parents & caregivers*  
11 AM - 12 PM

**JUL  
08**  
*Supporting School  
Transitions - for  
parents & caregivers*  
5-6 PM

