



## Skills Workshop

Developing Your Skills, Confidence and Self - Esteem to support your Children's needs

- Parents meeting their own needs
- Our children's needs
- Managing challenging behaviour
- Education and the wider Community

*Facilitators: Emma Moore and Martin Ross ESW  
St Machar ASG Partnership*

**10 weekly sessions**  
**Thursday 10am to 12 noon**  
**Seaton Community Centre**  
 31 January  
 7/14/21/28 February  
 7/14/21/28 March  
 18 April

*Tina Rae*

If you are interested in developing your skills, confidence and self-esteem to support your own needs and your child's please consider the above 10 week workshop programme. This will be in an established supportive environment within Seaton Community Centre and led by the Education Social Work Team.

### Skills Workshop Programme

I / we would be interested in attending the 10 week Skills Workshop Programme

Name/s of parent / carer \_\_\_\_\_

Child's name \_\_\_\_\_ Child's Class \_\_\_\_\_

