

# 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.



## Transition to Secondary School

Wed 22nd May 1pm

## Helping your Child's Behaviour (Primary age)

Wed 5th June 1pm

## Helping your Child with Anxiety and Worries

Wed 12th June 1pm

## Looking After Yourself for Parents

Wed 19th June 1pm

## Introduction to Autism

Wed 26th June 1pm

## Introduction to ADHD

Wed 3rd July 1pm



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