



# **Parent/Carers Workshops For Support During Lockdown**

**Tuesday 2nd February 1.30-2.30pm  
Learning in Lockdown**

**Thursday 11th February 1.30-2.30pm  
Messy and Sensory Play**

**Tuesday 23rd February 1.30-2.30pm  
Routines & Coping with Change**

**Thursday 11th March 1.30-2.30pm  
Mood Movers for you and your child**

**Tuesday 16th March 1.30-2.30pm  
Topic to be confirmed**

***The workshops will take place on Microsoft Teams***

***Please contact: [socialcom@sefton.gov.uk](mailto:socialcom@sefton.gov.uk)***

***With your preferred Email address.***

***A Teams Invite will then be sent to you the day before your workshop date***