



# Snapshot

## Taster sessions

### for parents



Left to their own devices

**Tuesday 18<sup>th</sup> January @ 5pm**

*Helpful tips on the digital world*

**Zoom details:**

Meeting ID: 945 8331 8462

Password: 94472080

Emotional Health & Wellbeing in children & young people

**Tuesday 25<sup>th</sup> January @ 5pm**

**Zoom details:**

Meeting ID: 945 8331 8462

Password: 94472080



Drug proof your kids

**Tuesday 1<sup>st</sup> February @ 5pm**

**Zoom details:**

Meeting ID: 945 8331 8462

Password: 94472080

Challenging Behaviour

**Tuesday 8<sup>th</sup> February @ 5pm**

**Zoom details:**

Meeting ID: 945 8331 8462

Password: 94472080

For more information about these taster sessions, please contact:  
Karen Thomas (07765253192) or Debra Kennedy (07585101081)

Acknowledgements



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**cefnogipobl**  
supporting people  
supporting independence  
cefnogi annibyniaeth

