

# Online support sessions for families

Date	Topic
22 April 2020	Dealing with anxiety
29 April 2020	Staying cool - dealing with anger
6 May 2020	Storytime / puppet show – encouraging reading at home
13 May 2020	Online safety
20 May 2020	Money management and budgeting
27 May 2020	Let's get talking - conversation starters and advice on how to communicate with young people
3 June 2020	Cooking on a budget
10 June 2020	Ideas for play
17 June 2020	Spick and span - routines for the home
24 June 2020	Healthy relationships
1 July 2020	Parent / teen conflict
8 July 2020	Parenting - the importance of rules, rewards and appropriate consequences

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# One Point Service

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County Council

