



Training Online

Anxiety Management	29 April 2020
Meltdowns - prevention and recovery	6 May 2020
Sibling Support	13 May 2020
Mental Health Tool Kit	20 May 2020

All sessions will be Wednesdays, 10.30am to 12pm.

ZOOM!

Our online training will be on Zoom. Zoom is easy, just go to zoom app, download - its free - and each week we will send you a meeting number and password.

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