

# PARENT TRAINING WORKSHOPS

<b>3 October</b>	<b>12:00-3pm</b>	<b>Sensory Regulation day to day strategies and practical workshop - Primary</b>
<b>23 October</b>	<b>9:30-12</b>	<b>Emotional Regulation practical workshop - Primary</b>
<b>7 November</b>	<b>9:30-12:00</b>	<b>Sensory Regulation day to day strategies and practical workshop- Secondary</b>
<b>5 December</b>	<b>12:00-3pm</b>	<b>Emotional Regulation practical workshop- Secondary</b>
<b>12 December</b>	<b>9:30-12:00</b>	<b>Supporting communication and language skills – Primary</b>
<b>13 February</b>	<b>12:00-3pm</b>	<b>Preparation for Adulthood- Primary (motor skills and independence)</b>
<b>27 February</b>	<b>12:00-3pm</b>	<b>Supporting communication and language skills – Secondary</b>
<b>24 April</b>	<b>9:30-12</b>	<b>Preparation for Adulthood- Secondary (motor skills and independence)</b>

**INTERESTED?**

Please sign up on the Cognus website.  
We can't wait to see you there!

