

FAMILIES AND COMMUNITIES TEAM

## PARENT WORKSHOPS



### Parent Workshop: Understanding Attachment.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop**. In this workshop we look at the different attachment styles and how they may present themselves through our children's behaviours. It aims to help us as adults to understand our attachments. We also explore separation anxiety and how to support your child with this.

The Workshop is available to the families of children **in Alsager** and will be held **at the Alsager Highfields Community Primary School in Alsager** for **face-to-face** delivery. If you would like to book a place on the Workshop, please contact the

[FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk), who will contact you with further details.

**Please state the Workshop name and date in your email subject box and provide a contact number.** Places are limited and will be allocated on a first come basis.

#### Parent Workshop

- Tuesday 31<sup>st</sup> January at 1.30 pm – 3.00 pm.

