



## Open-access events for parents/carers.

No need to book on any of the below – just click into the meeting link shown!

What	Info	When	Dates	Link
<p>Beam information session</p>	<p>What Beam can offer, and Q&amp;A about the service.</p>	<p>5x sessions available</p>	<p>Thursday 25<sup>th</sup> February  12-1pm</p>	<p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Thursday 4<sup>th</sup> March  12-1pm</p>	<p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Thursday 11<sup>th</sup> March  12-1pm</p>	<p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Thursday 18<sup>th</sup> March  12-1pm</p>	<p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Thursday 25<sup>th</sup> March  12-1pm</p>	<p>Microsoft Teams meeting <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>

<p>Managing anxious behavior in children and young people</p>	<p>Intro to Anxiety and strategies to support young people.</p>	<p>3X Sessions available.</p>	<p>Monday 1<sup>st</sup> March.</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting</p> <p><b>Join on your computer or mobile app</b></p> <p><a href="#">Click here to join the meeting</a></p> <p><a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Monday 8<sup>th</sup> March.</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting</p> <p><b>Join on your computer or mobile app</b></p> <p><a href="#">Click here to join the meeting</a></p> <p><a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Monday 29<sup>th</sup> March</p> <p>5-6.30</p>	<p>Microsoft Teams meeting</p> <p><b>Join on your computer or mobile app</b></p> <p><a href="#">Click here to join the meeting</a></p> <p><a href="#">Learn More</a>   <a href="#">Meeting options</a></p>

<h1>Sleepy Heads session 1</h1> <p>(2 session workshop – recommended to attend both sessions)</p>	<p><b>Session 1: Overview of sleep &amp; sleep hygiene</b></p> <ul style="list-style-type: none"> <li>• The importance of sleep.</li> <li>• Our body clock &amp; how sleep can be impacted by this.</li> <li>• Sleep stages &amp; recommended amounts.</li> <li>• Sleep hygiene.</li> <li>• Bedtime routines to boost the success of sleep.</li> <li>• Sleepy foods.</li> </ul>	<p>3X Sessions available.</p>	<p>Tues 2<sup>nd</sup> March.</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Monday 15<sup>th</sup> march.</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Monday 22<sup>nd</sup> March</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>

<h2>Sleepy Heads session 2</h2> <p>(2 session workshop – recommended to attend both sessions)</p>	<p><b>Session 2: Promoting healthy sleep habits &amp; tackling common issues:</b></p> <ul style="list-style-type: none"> <li>• Crying at bedtime.</li> <li>• Prolonged night awakenings.</li> <li>• Bedtime refusal/resistance.</li> <li>• Nightmares.</li> <li>• ASD/ADHD.</li> <li>• Teenage sleep.</li> </ul>	<p>3X Sessions available.</p>	<p>Tuesday 9<sup>th</sup> March</p> <p>5-6.30PM</p>	<p>Microsoft Teams meeting</p> <p><b>Join on your computer or mobile app</b></p> <p><a href="#">Click here to join the meeting</a></p> <p><a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Tuesday 16<sup>th</sup> march</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting</p> <p><b>Join on your computer or mobile app</b></p> <p><a href="#">Click here to join the meeting</a></p> <p><a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
			<p>Tuesday 23<sup>rd</sup> march</p> <p>5-6.30pm</p>	<p>Microsoft Teams meeting</p> <p><b>Join on your computer or mobile app</b></p> <p><a href="#">Click here to join the meeting</a></p> <p><a href="#">Learn More</a>   <a href="#">Meeting options</a></p>

**The Children's Society**