



## **Home-Start Mid & West Suffolk: Training Programme September to December 2017 (venues to be advised)**

### **Prep Course for Group Volunteers.**

**Part 1** Tuesday 12<sup>th</sup> September 9.30am to 12.30 pm

**Part 2 - Safeguarding** Thursday 21<sup>st</sup> September 9.30am to 12.30pm

### **Journey to School-preparing children & parents on their journey to starting education.**

Friday 29<sup>th</sup> September 9.30am to 2pm

### **Mindfulness for Children & Adults with Suzanna Pearson from Sharing Parenting.**

Friday 6<sup>th</sup> October 9.30am to 2.30pm

### **Mental Health Awareness-looking at the impact of mental health on the whole family.**

Tuesday 17<sup>th</sup> October 9.30am to 2.30pm

### **Challenging Behaviours with Suzanna Pearson.**

Monday 6<sup>th</sup> November 9.30am to 2.30pm

### **Winter Warmers.**

Wednesday 22<sup>nd</sup> November 9.30am to 12.30pm

### **Let's Play with Suzanna Pearson.**

Friday 8<sup>th</sup> December 9.30am to 2.30pm

**To book your place email Amanda Jacques at:-  
[amanda@homestartmidsuffolk.org.uk](mailto:amanda@homestartmidsuffolk.org.uk)**