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| **Workshops**    **20th February 2024:** Screen time and online Safety  **27th February 2024:** Emotional school non-attendance  **5th March 2024:** Supporting children to understand different family dynamics  **12th March 2024:** Supporting children with their sleep  **19th March 2024:** Supporting children to manage and regulate their emotions | | |
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| Parents and carers of school aged children very welcome  **For more information contact Lisa on:** 07510079959/mnl@princehenrys.co.uk | | |