EIFA Virtual Drop in

Please join me for a virtual drop in for all parents. I can offer support and advice with parenting strategies, boundaries, consequences, challenging behaviour, emotional wellbeing, routines, advice around sleep, digital safety, parental wellbeing, also any other family challenges that you may be facing.

**Virtual drop in dates**

Thursday 27th February 2025 10-12

Wednesday 19th March 2025 1-3

Tuesday 22nd April 2025 12-2

Thursday 15th May 2025 10-12

Wednesday 4th June 2025 1-3

Tuesday 24th June 2025 12-2

Thursday 17th July 10-12

Please email me to book your timed and confidential slot.

Sarah.dilley@cambridgeshire.gov.uk