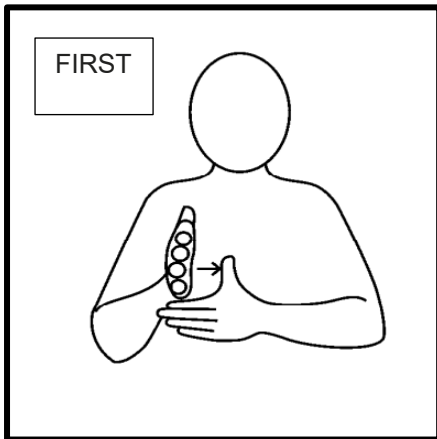




WOKINGHAM
BOROUGH COUNCIL



FIRST

Family Intervention

Resources & Support Team

Coffee Morning

Who we are:

The aim of the Family Intervention, Resources and Support Team (FIRST) is to provide information, workshops and training around sleep, anxiety, and behaviour.

The team comprises of two qualified Sleep Practitioners, one Behaviour Practitioner and one Family Support Worker, who can help families with implementing the strategies where this is required.



Date: Wednesday 13th September 2023

Time: 10am – 12 midday

**At: Ambleside Centre
Woodley
RG5 4JJ**

Confidential 1:1 sessions with one of the team are available to book if you would like to discuss any sleep or behaviour issues you are currently experiencing.

For further information or to book a 20-minute session, please contact us on: first@wokingham.gov.uk

Link to the [FIRST](#) webpage on WBC directory: -