

Aireborough Family Services

Working Together with Children, Young People and Families



Groups and workshops 2025/26 – Please email Julia.whiteley@aireboroughxs.co.uk to register for a place.

Workshop/course	Day/no. of sessions	Dates	Time
Anxiety based school avoidance & parent/carer support workshop	Friday – 1 session	26 th September 2025	9:30-12:00
Anger management and parent/carer workshop	Friday – 2 sessions	17 th & 24 th October 2025	9:30-12:00
Sleep and parent/carer workshop	Friday – 1 session	28 th November 2025	9:30-12:00
ADHD and parent/carer workshop	Friday – 1 session	12 th December 2025	9:30-12:00
CYGNET – A course for parents of children with autism	Wednesday - 7 sessions	7 th , 14 th , 21 st , 28 th January 2026 4 th , 11 th & 25 th February 2026	9:30-12:00
Sibling rivalry and parent/carer workshop	Friday – 1 session	23 rd January 2026	9:30-12:00
Teens and screens and parent/carer workshop	Friday – 1 session	27 th February 2026	9:30-12:00
Joined up families and parent/carer workshop	Friday – 1 session	20 th March 2026	9:30-12:00
Understanding autism – overview and parent/carer workshop	Friday – 1 session	24 th April 2026	9:30-12:00
Sensory processing and parent/carer workshop	Friday – 1 session	22 nd May 2026	9:30-12:00
CYGNET – A course for parents of children with autism	Wednesday - 7 sessions	3 rd , 10 th , 17 th , 24 th June 2026 1 st , 8 th & 15 th July 2026	9:30-12:00
ADHD and parent/carer workshop	Friday – 1 session	10 th July 2026	9:30-12:00

Aireborough Family Services, The Bungalow, Yeadon Westfield Infant School, Westfield Grove, Yeadon, LS19 7NQ
 Web: www.aireboroughxs.co.uk