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| Workshop | Date | Time | Description | Venue |
| Sleep Counselling  For parents / carers caring for a child with additional support needs | Wed 4th March 2015 | 10.30am – 1pm  (Followed by a light lunch) | This session is being delivered by a sleep counsellor from Sleep Scotland. The aim is to introduce parent carers to specific tried and tested behavioural and cognitive techniques to adapt their child’s night-time behaviour. | Musselburgh East Community Learning Centre, Haddington Rd, Musselburgh, EH21 8JJ |
| Dealing with Challenging Behaviour  For parents / carers caring for a child with additional support needs | Wed 11th March 2015 | 10.30am – 1pm  (Followed by a light lunch) | This session is being delivered by Barnardos Intensive Behaviour Support Service. The session will aim to inform you of strategies to help positively manage your child’s behaviour and also give you an opportunity to ask questions related to your caring role. | Musselburgh East Community Learning Centre, Haddington Rd, Musselburgh, EH21 8JJ |
| Time for me | Thu 19th March 2015 | 11am – 1.30pm  (Followed by a light Lunch) | Practical ways in which you can improve your physical and emotional health & wellbeing. (Gentle exercise which will be followed by a taster session in Mindfulness) | Trinity Centre, Church Street , Haddington, EH41 3EX |
| Carer Information Day | Tue 28th April 2015 | 6pm – 8pm | An informal, drop in event providing information on key carer issues including: money matters, rights and entitlements, services and support available through Carers of East Lothian. | Carers of East Lothian Offices, 94 High Street, Musselburgh, EH21 7EA |
| Letting go and moving on – Dealing with loss and bereavement. | Wed 13 May 2015 | 10am – 3pm  (Including a light lunch) | Caring can be seen as a journey with many stages.  Moving on to the next stage can be challenging as we face the unknown and leave our comfort zone.  This course provides an opportunity to explore how we can prepare for and cope with this challenge. | The Fraser Centre,  3A Winton Place, Tranent, East Lothian EH33 1AF |

**Book your place by contacting Sharon Byrne or Lynne Gordon @ Carers of East Lothian on 0131 665 0135 or email** [**sharon@coel.org.uk**](mailto:sharon@coel.org.uk)