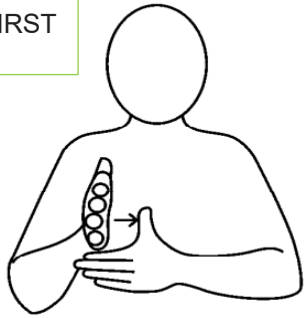


FIRST



# 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 (including anxiety) and distressed behaviour. The team comprises of Sleep Practitioners, Therapeutic Thinking and Attachment Practitioners and a Family Support Worker. The team can offer parents/carers who reside in the Wokingham Borough, an opportunity to explore different ways of thinking about sleep, anxiety and distressed behaviour and can provide strategies to support your child.



**Date:** Thursday 6th March 2025

**Time:** 9.30 – 11.30am

**Venue:** Woodley Airfield Centre  
Hurricane Way  
RG5 4UX

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

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

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