

## Carlisle/Eden Planner

**Please note this planner is up to date from 18<sup>th</sup> April 2019, if you are viewing after this time frame please contact the team via phone to confirm details.**

If you are interested in attending any of these programmes or would like to know when the next one is running, please call **01228 603195**

### Summer term

Programme	Introduction session	Dates/Day	Start time	Location
<b>What Now 8 week programme</b>	15/01/2019 6:30-7:30pm	Monday 29/04, 13/05, 20/05, 03/06, 10/06, 17/06, 24/06, 01/07, 08/07	6:30pm- 8:30pm	Penrith Sure Start Building
<b>Behaviour Support Workshop 7 weeks</b>	Run Tuesdays April 23rd		10am -12 Noon	Keswick
<b>PENRITH/EDEN 1st Behaviour Workshop 2 Session's</b>	Friday 2 Session Workshop	07th June & 28th June	10am -12 Noon	Penrith Board Room
<b>CARLISLE 1st Behaviour Workshop 2 Session's</b>	Monday 2 Session Workshop	20th May & 10th June	10am -12 Noon	Sure Start Room Morton Manor Carlisle
<b>Wigton 1st Behaviour Workshop 2 Session's</b>	Monday 2 Session Workshop	10 <sup>th</sup> June & 24 <sup>th</sup> June	10am -12Noon	Wigton Cottage Hospital, Conference room.
<b>PENRITH/EDEN Sensory workshop 2 Session's</b>	Thursday 2 Sessions Workshop	6th June & 27th June	10am -12 Noon	Penrith Hospital Boardroom
<b>CARLISLE Sensory workshop 2 Session's</b>	Monday 2 Session Workshop	13 <sup>th</sup> May and 3 <sup>rd</sup> June	10am -12 Noon	Sure Start Room Morton Manor Carlisle
<b>CARLISLE Sleep Workshop 2 sessions</b>	Friday 2 Session Workshop	14th June & 5th July	10am -12 Noon	Spring Board Activity Room
<b>PENRITH/EDEN Sleep Workshop 2 sessions</b>	Friday 2 Session Workshop	26 April & 17 <sup>th</sup> May	10am -12 Noon	Garden Room

**The planner will updated July 2019**