



# Ukraine host workshops

This is a 5 week programme of free online workshops for host families in England.

## Week 1

w/c  
27th  
Feb

### How to help keep everyone safe

We will explore ways to help keep children, young people and host families safe and what to do if you have concerns.

## Week 2

w/c  
6th  
March

### Cultural awareness

In this session we will look at what culture means and explore and celebrate our different cultures.

## Week 3

w/c  
13th  
March

### Understanding the impact of trauma

We will explore what trauma is, how it might present and what is helpful when supporting children, young people and families.

## Week 4

w/c  
20th  
March

### Responding to challenges

During this workshop we will explore what can be helpful when dealing with difficult situations and emotions.

## Week 5

w/c  
27th  
March

### Understanding people's rights

In this final session we will explore people's rights including children's rights.

Please book the 5 week programme of workshops from the options below:  
Mondays at 11am-12.30pm and 4.30-6pm, Tuesdays 1-2.30pm and 7-8.30pm,  
Wednesdays 11-12.30pm and 4.30-6pm, Thursday 1-2.30pm and 7-8.30pm,  
Friday 9.30-11am and 1-2.30pm  
All workshops will take place online on Zoom.

To book visit:



[www.bookwhen.com/barnardos-workshops](http://www.bookwhen.com/barnardos-workshops)