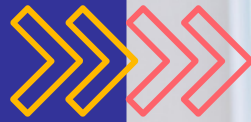


# Face-2-Face Befriender Training

Are you a parent carer?

Would you like to be part of an exciting project supporting other parent carers?

Would you like to train to be a Face-2-Face befriender?



EMPOWER

INFORM

SUPPORT

## Training dates:

Thursdays - 27th January / 3rd February /  
10th February / 17th February / (Half term break)  
3rd March / 10th March / 17th March /  
24th March

**Times:** 10.00am to 1.00pm

**Delivered via Zoom**

To book onto the course or have an informal chat about the project, please contact our Face-2-Face Co-ordinators using the contact details below:

**Rachel Fielding**

Email: [rachel@reachingfamilies.org.uk](mailto:rachel@reachingfamilies.org.uk)  
Telephone: 07535 386687

**Adela Hawley**

Email: [adela@reachingfamilies.org.uk](mailto:adela@reachingfamilies.org.uk)  
Telephone: 07435 246604



[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

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## Reaching Families are pleased to announce a new online training course for volunteer befrienders

Face-2-Face is for parents of children with SEND in West Sussex who are undergoing diagnosis. The project works by matching parent-carers with an experienced volunteer befriender who will provide emotional and practical support to help them on their journey.

Our eight-week online training course covers a range of vital skills and knowledge, including:

- Active listening
- Verbal and non-verbal communication
- Confidentiality and self-disclosure
- Empathy
- Resilience and personal boundaries
- Safeguarding

At the end of the course we will carry out a DBS check, then begin matching you with a parent-carer.

We are flexible as to how much time you can give to support a family. Out of pocket expenses will be reimbursed. Ongoing support from our project co-ordinators is provided.

