



Autumn 2021

Making Sense of it All Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop

Three sessions via Zoom	Sept 15th / 22nd / 29th	Weds 7.30 pm - 9.30 pm
Two day course - Worthing	Oct 13th / 20th	Weds 9.30 am - 2.30 pm
Three sessions via Zoom	Nov 10th / 17th / 24th	Weds 10.30 am - 12.30 pm

Making Sense of Wellbeing

Designed to help parents and carers build resilience, reduce stress and learn relaxation techniques

Workshop	Active listening	Sept 14th
Mindfulness	Listening to your inner experience	Sept 21st
Workshop	Problem solving	Sept 28th
Mindfulness	Finding peace in the storm	Oct 5th
Workshop	Postive thinking	Oct 12th
Mindfulness	You are not your thoughts	Oct 19th
Workshop	Relaxation and self care	Nov 2nd
Mindfulness	Mind and body relaxation	Nov 9th
Workshop	Managing anxiety	Nov 16th
Mindfulness	Going with life's flow	Nov 23rd
Workshop	Managing low mood	Nov 30th
Mindfulness	Mood changing exercises	Dec 7th

All courses delivered via Zoom - Tuesdays, 7.15 pm - 8.15 pm

Find out more about our training at:

www.reachingfamilies.org.uk

All of our workshops are free of charge, to book a place please visit:

www.eventbrite.co.uk/o/reaching-families-8261724058

