



Autumn Workshops (second half term)

Making Sense of It All Foundation Course

Wednesday 11th, 18th & 25th November 10.30am

This three-part course has been designed to provide an introduction to all the key issues and challenges common to parents and carers. It aims to empower parents of children who are undergoing or have recently undergone diagnosis but it will be helpful to any parents who would like to learn more about how SEND processes work.

We are currently running a waiting list for this course - please contact us if you wish to be added to this.

Making Sense of Wellbeing - Part 2

This six session course includes a blend of wellbeing and mindfulness workshops designed to help you enhance your relationship with your child with SEND, build resilience, reduce stress and help you to relax.

Each session can be attended as a stand alone but we would encourage you to attend all if you are able to

Workshop: Relaxation and self care - Tuesday 3rd November 7.15pm

Mindfulness: Mind and body relaxation - Tuesday 10th November 7.15pm

Workshop: Managing anxiety - Tuesday 17th November 7.15pm

Mindfulness: Go with life's flow - Tuesday 24th November 7.15pm

Workshop: Managing low mood - Tuesday 1st December 7.15pm

Mindfulness: Mood changing exercises - Tuesday 8th December 7.15pm

Making Sense of Education Health Care Needs Assessments and Plans

Tuesday 10th November 10.30am

Providing an overview of the EHC needs assessment and what a good EHCP should contain, including requesting an assessment and reviewing an existing plan during the pandemic.

Making Sense of Anxiety in Adolescence (11+)

Thursday 26th November 7.30pm

This workshop is aimed at parent/carers of young people aged eleven plus who feel anxious, worried or stressed. Providing ways to help your young person manage their anxiety and some tips for looking after yourself along the way.

Making Sense of Sensory Processing Difficulties

Tuesday 8th December 10.30am

Find out about different sensory processing difficulties in each of the eight sensory systems and learn about ways to help your child/young person.

All of the workshops are free of charge and will be delivered online via Zoom.
For more information and booking please email admin@reachingfamilies.org.uk or visit <https://www.eventbrite.co.uk/o/reaching-families-8261724058>

www.reachingfamilies.org.uk



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