



## Autumn Workshops (first half term)

### **Making Sense of It All Foundation Course \*NEW\*** **Wednesday 30th September, 7th & 14th October 10.30am**

This new 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.

### **Making Sense of Wellbeing \*NEW\***

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: Active listening —Tuesday 15th September 7.15pm**

**Mindfulness: Listening to your inner experience—Tuesday 22nd September 7.15pm**

**Workshop: Problem solving —Tuesday 29th September 7.15pm**

**Mindfulness: Finding peace in the storm—Tuesday 6th October 7.15pm**

**Workshop: Positive thinking —Tuesday 13th October 7.15pm**

**Mindfulness: You are not your thoughts—Tuesday 20th October 7.15pm**

### **Making Sense of Transitioning Back to School** **Wednesday 16th September 10.30am**

Looking at how children may be reacting to the return to school, covering many issues including separation anxiety and emotionally based school refusal; changes to the school environment; communication with and expectations from school; transitioning to a new setting and ongoing anxieties that children and parent-carers may be experiencing.

### **Making Sense of the Annual Review Process of an EHC Plan** **Tuesday 22nd September 10.30am**

An overview of how the Annual Review process works including statutory timeframes, how the review meeting should be conducted and what happens afterwards, and when/how to request interim or emergency reviews.

### **Making Sense of Challenging Behaviour in Adolescence (11+)** **Thursday 22nd October 7.30pm**

Exploring how your young person's brain works, how hormones and puberty impact upon our children, how we can support them and respond to challenging behaviour to achieve positive outcomes.

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](mailto:admin@reachingfamilies.org.uk) or visit

<https://www.eventbrite.co.uk/o/reaching-families-8261724058>

