



Making Sense of Wellbeing - Part 2

Developing personal resilience for parent-carers

This six week course for parent-carers offers you the opportunity to explore some of the essential elements of wellbeing. Our personal and social wellbeing helps us to develop good relationships, feel connected to others and improves our resilience, empathy, and adaptability.

The 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.

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

Would you like to make more time for yourself so you can relax and recharge? Tips and ideas to help you refocus on your health and wellbeing when you are busy caring for others.

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

Using mindfulness for mind and body relaxation, learn exercises you can use whenever you need to relax.

Wellbeing Workshop: Managing anxiety - Tuesday 17th November 7.15pm

We all feel anxious at times and anxiety is part of life. This workshop explores ideas and coping strategies to help you relate to anxiety differently, find a focus and feel calmer.

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

Using mindfulness to help you manage anxious thoughts. Learn exercises to help steady yourself, so you can feel calmer whenever you notice your anxiety levels are rising.

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

This workshop will help you learn tips and strategies for managing low mood. Explore ways to prevent a set back and help yourself get back on track when things get you down.

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

Mindfulness can help you relate to moods differently and manage mood changes to help you relax.

This course is free of charge and delivered online via zoom.
For more information or to book onto any of these workshops please email

admin@reachingfamilies.org.uk or visit

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

