



## Making Sense of It All Foundation Course

*Has your child been recently identified as having additional needs?*

*Do you find the systems and support for special educational needs confusing?*

*Would you benefit from a broad overview of how it all works?*

This new three-part online course has been designed to provide an introduction to all the key issues and challenges common to parent-carers. It aims to empower parents of children undergoing or who have recently undergone diagnosis but is helpful to any parents who feel they need an overview of the following subjects and issues: -

Coming to terms with and understanding your child's diagnosis

Where to go for information and advice

Handling stress and building resilience

Gaining support from other parent-carers

Accessing benefits and financial support

Getting support for your child at school

Accessing support through health & social care

Accessing other key services and opportunities in West Sussex.

**Wednesday 30th September, 7th & 14th October**

**10.30am - 12.30pm**

**Wednesday 11th, 18th & 25th November**

**10.30am - 12.30pm**

The courses are free of charge and 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>

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

