



## 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 on all the key issues parent-carers will encounter as your children grow and develop. 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 20th & 27th January, 3rd February**

**7.30pm—9.30pm**

**Wednesday 10th, 17th & 24th March**

**10.30am-12.30pm**

To book on to either of these free courses 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)



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