



## Spring term 2022

### Making Sense of it All Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop

Three sessions via Zoom	Jan 19th / 26th / Feb 2nd	Weds 7.30 pm - 9.30 pm
Three sessions via Zoom	Mar 2nd / 9th / 16th	Weds 10.30 am - 12.30 pm
Two day course - Crawley	Mar 23rd / 30th	Weds 9.30 am - 2.30 pm

### Making Sense of Wellbeing

Designed to help parents and carers build resilience, reduce stress and learn relaxation techniques

Workshop	Active listening	Jan 11th
Mindfulness	Listening to your inner experience	Jan 18th
Workshop	Problem solving	Jan 25th
Mindfulness	Finding peace in the storm	Feb 1st
Workshop	Postive thinking	Feb 8th
Mindfulness	You are not your thoughts	Feb 15th
Workshop	Relaxation and self-care	Mar 1st
Mindfulness	Mind and body relaxation	Mar 8th
Workshop	Managing anxiety	Mar 15th
Mindfulness	Going with life's flow	Mar 22nd
Workshop	Managing low mood	Mar 29th
Mindfulness	Mood changing exercises	Apr 5th

All courses delivered via Zoom - Tuesdays, 7.15 pm - 8.15 pm

Find out more about our training at:

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

All of our workshops are free of charge, to book a place please visit:

[www.eventbrite.co.uk/o/reaching-families-8261724058](http://www.eventbrite.co.uk/o/reaching-families-8261724058)

