



**Reaching  
Families**

Empowering families of children and  
young people with special educational  
needs and disabilities

## Spring workshops (first half term)

### **Making Sense of It All Foundation Course**

**Wednesday 20th & 27th January, 3rd February 7.30pm**

This 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**

#### **Part One - Resilience Skills**

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)*

**Wellbeing: Active Listening - Tuesday 5th January 7.15pm**

**Mindfulness: Listening to your inner experience - Tuesday 12th January 7.15pm**

**Wellbeing: Problem Solving - Tuesday 19th January 7.15pm**

**Mindfulness: Finding peace in the storm - Tuesday 26th January 7.15pm**

**Wellbeing: Positive Thinking - Tuesday 2nd February 7.15pm**

**Mindfulness: You are not your thoughts - Tuesday 9th February 7.15pm**

### **Making Sense of Personal Independence Payment (PIP)**

**Thursday 14th January 7.30pm**

Learn all about PIP - For parent-carers of young people aged 15+ covering how to start a claim, understanding how decisions are made, tips for making a strong claim, preparing for an assessment and appealing a poor decision.

### **Making Sense of Support at School**

**Tuesday 26th January 10.30am**

SENDIAS discuss what schools need to do if your child has Special Educational Needs. The processes that should be used, and how schools should be engaging with parents/carers where there are concerns.

### **Making Sense of Challenging Behaviour (2-11 years)**

**Tuesday 9th February 10.30am**

Aimed at parent-carers of children aged 2 to 11 years, exploring ways to respond to your child so that positive behaviour is encouraged and challenging behaviour is reduced.

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>



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

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