



Summer Workshops (second half term)

Making Sense of It All Foundation Course

Wednesday 16th, 23rd and 30th June 10.30am

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 two - Resilience Strategies

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: Relaxation and self care - Tuesday 8th June 7.15pm

Mindfulness: Mind and body relaxation - Tuesday 15th June 7.15pm

Wellbeing: Managing anxiety - Tuesday 22nd June 7.15pm

Mindfulness: Go with life's flow - Tuesday 29th June 7.15pm

Wellbeing: Managing low mood - Tuesday 6th July 7.15pm

Mindfulness: Mood changing exercises - Tuesday 13th July 7.15pm

Making Sense of Education Health Care Needs Assessments and Plans

Thursday 24th June 10.30am

Providing an overview of the EHC needs assessment and what a good EHCP should contain, including requesting an assessment and reviewing an existing plan.

Making Sense of Meetings and Paperwork

Thursday 1st July 7.30pm

In this workshop we will explore ways to help you keep on top of your child's support including – preparing for and facing meetings with confidence to get the best outcome for you and your child, managing paperwork, developing good habits and hopefully make the process less stressful and more effective for you and your family.

Making Sense of Sleep (age 2-11 years)

Tuesday 6th July 10.30am

During this workshop we will look at what is sleep and identify the types of difficulties that some children experience. We will explore ideas and strategies to help improve your child's sleep and have a dedicated time for any questions you may have.

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

