

Reaching Families

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

Training Roadshow - Autumn Term 2017

Free Workshops aimed at parents and carers of children & young people with additional needs and/or disabilities

Suggested Donation £3. We regret that we cannot accommodate children at the workshops.

Making Sense of E-Safety

Monday 25 September 9.45am – 12.00pm

Billingshurst Community Centre

What we should say to our children - what helps, what may not, accessing safety features; cyber-bullying, sexting, what they may be learning at school, resources you can access at home.

Handling Stress and Building Your Own Resilience

Monday 6th November 9.45am – 12.30pm

St Catherine's Church, Littlehampton

Learn how to recognise stress in yourself, strategies to reduce it and how to become more resilient.

Making Sense of Education Health Care (EHC) Needs Assessments and Plans

Tuesday 3rd October 9.45am – 12.30pm

Tree House Children and Family Centre, Bognor

An overview of EHC needs assessment and what a good EHCP should contain. Information ranging from requesting an EHC needs assessment through to reviewing an existing EHCP.

Making Sense of DLA and Other Benefits

Wednesday 15th Nov 9.45am – 12.30pm

Lancing Parish Hall

Come and find out more about DLA (Disability Living Allowance), how the system works, the various rates and what other relevant benefits there are.

Making Sense of Sensory Processing Difficulties

Monday 9th October 9.45am – 12.00pm

Maybridge Children and Family Centre, Worthing

Find out about sensory processing difficulties and learn about ways to help your child/young person.

Making Sense of Challenging Behaviour in Adolescence

Tuesday 21st November 9.45am – 12.30pm

Broadfield Community Centre, Crawley

Explore ways to respond to your young person so that positive behaviour is encouraged and challenging behaviours are reduced.

Making Sense of Anxiety in Children

Thursday 12th October 9.45am – 12.30pm

The King's Church, Burgess Hill

An introduction to understanding anxiety in primary aged children, ways to support them if they are worrying too much and tips for looking after yourself along the way.

Making Sense of Parenting Siblings of Children with SEN

Friday 24th November 9.45am – 12.30pm

Jubilee Community Centre, East Grinstead

This training focuses on providing advice on managing the feelings and emotions the siblings may be experiencing as well as how to manage all the questions they may have.

Making Sense of Children's Sleep Difficulties

Tuesday 17th October 9.45am – 12.00pm

QEII School, Horsham

Identify types of sleep difficulties and explore ways and resources that could help improve your child's sleep.

Booking: Please visit [Eventbrite](#) and search for Reaching Families, or look at our Events page on [facebook](#). Any queries, please email admin@reachingfamilies.org.uk or call Rosemary: 07704 037664 or Michele: 07470 005734.



www.reachingfamilies.org.uk

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