

Reaching Families

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

Training Roadshow - Winter 2018

Workshops aimed at parents and carers of children with additional needs and/or disabilities

We regret that we cannot accommodate children at the workshops.

Making Sense of Personal Independence Payment (PIP)

Wednesday 24th January 9.45 am – 12.30 pm
Broadfield Community Centre, Crawley

Learn all about PIP including how your young person will be transferred at 16, completing the form, the different rates and the process of face to face assessments.

Making Sense of E-Safety

Monday 26th February 7.00 pm – 9.00 pm
Lancing Parish Hall, Lancing **Evening workshop**

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.

Making Sense of Anxiety in Children

Friday 26th January 9.45 am – 12.30 pm
Easebourne School, Midhurst

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 Sensory Processing Difficulties

Tuesday 6th March 7.00 pm – 9.00 pm
Trafalgar Road Baptist Church, Horsham **Evening workshop**

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

Making Sense of Parenting Siblings of Children with SEN

Tuesday 30th January 9.45 am – 12.30 pm
Maybridge Children & Family Centre, Worthing

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

Making Sense of Challenging Behaviour

Monday 12th March 9.45 am – 12.30 pm
New Park Centre, Chichester

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

Making Sense of Transition to Adulthood

Tuesday 6th February 9.45 am – 12.00 pm
Bognor Regis Nursery, Bognor

An introduction to the options available after school and supporting a young person to make choices about their future.

Handling Stress and Building Your Own Resilience

Wednesday 21st March 9.45 am – 12.30 pm
The Kings Church, Burgess Hill

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

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.

FREE WORKSHOPS

Suggested donation
£3



www.reachingfamilies.org.uk

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