

# Reaching Families

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

## Training Roadshow - Autumn 2018

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

We regret that we cannot accommodate children at the workshops.

### Handling Stress and Building Your Own Resilience

Tuesday 18th September 9.45am – 12.30pm  
Lancing Parish Hall

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

### Making Sense of Sensory Processing Difficulties

Thursday 8th November 9.45am – 12.00pm  
The Kings Church, Burgess Hill

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

### Making Sense of Anxiety (age 0-11 yrs)

Thursday 27th September 6.45pm – 9.30 pm  
University of Chichester - Bognor Campus

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. **Evening workshop**

### Making Sense of Challenging Behaviour (age 0-11 yrs)

Thursday 15th November 9.45am – 12.30pm  
Kingsham Primary School, Chichester

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

### Making Sense of Educational Health Care Needs Assessments and Plans

Friday 12th October 9.45am – 12.00pm  
Jubilee Community Centre, East Grinstead

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

### Making Sense of Challenging Behaviour in Adolescence (11yrs+)

Tuesday 20th November 9.45am – 12.30pm  
Maybridge Children and Family Centre, Worthing

This course will give an insight into the way your young person's brain works, how to avoid confrontation and how to respond when conflict occurs.

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

Tuesday 30th October 6.45pm – 9.30pm  
Trafalgar Road Baptist Church, Horsham

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

### Making Sense of Parenting Siblings of Children with SEN

Wednesday 5th December 9.45am – 12.00pm  
Broadfield Community Centre, Crawley

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.

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](mailto:admin@reachingfamilies.org.uk) or call Rosemary: 07704 037664, Rebecca: 07305 053237 or Michele: 07470 005734.

**FREE  
WORKSHOPS**

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

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