

Reaching Families

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

Training Roadshow - Autumn 2019

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.

Making Sense of Issues around Food

Tuesday 17th September 9.45am – 12.30pm

St Nicolas and St Mary School, Shoreham

Explore challenges such as selective eating; particularly relating to autistic spectrum conditions, sensory processing difficulties, behavioural issues and anxiety, and take away practical strategies to help your child.

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

Monday 21st October 6.45pm – 9.30pm

The Woodlands Centre, Rustington **Evening workshop**

This course gives you 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 Anxiety (Primary aged children)

Tuesday 24th September 9.45am – 12.30pm

Jubilee Community Centre, East Grinstead

An introduction to understanding anxiety in primary aged children, ways to support them, and tips for looking after yourself along the way.

Making Sense of EHC Needs Assessments and Plans

Wednesday 13th November 9.45am – 12.00pm

Heene Community Centre, Worthing

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

Handling Stress and Building Your Own Resilience **Evening workshop**

Wednesday 2nd October 6.45pm – 9.30pm

Broadfield Community Centre, Crawley

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

Making Sense of Sensory Processing Difficulties

Tuesday 19th November 9.45am – 12.00pm

Bognor Regis Children and Family Centre

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

Making Sense of Parenting Siblings with SEND

Friday 18th October 9.45am - 12.30pm

Kingdom Faith Church, Horsham

Focuses 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 Personal Independence Payments (PIP)

Wednesday 4th December 9.45am – 12.30pm

Sidney West Children and Family Centre, Burgess Hill

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.

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 our office: 01903 366360, Michele: 07470 005734 or Hannah: 07951 794734.

FREE WORKSHOPS
Suggested donation
£3



www.reachingfamilies.org.uk

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