



## Face-2-Face Befriender Training - Shoreham

*Are you a parent-carer? Would you like to be part of an exciting new project?  
Would you like to take up a valuable and fulfilling role as a Face-2-Face befriender?*

Following the success of our Face-2-Face befriending project in Worthing and Crawley, Reaching Families are pleased to announce a new training course for befrienders in Shoreham. Face-2-Face is for parents of children with SEND in West Sussex who are undergoing or have recently undergone diagnosis. The project works by matching parent-carers with an experienced volunteer befriender who will provide emotional and practical support to help them on their journey.

Our 7 week training course covers a range of vital skills and knowledge essential to being a befriender including active listening, verbal and non-verbal communication, confidentiality and self-disclosure, empathy, developing resilience and personal boundaries. At the end of the course we will carry out a further safeguarding training session and DBS check and then begin matching you with a local parent-carer who will benefit from your knowledge, skills and experience.

We are flexible as to how much time you can support a family—some may prefer weekly meetings, others less frequently.

**Training dates:** 29th April; 6th May; 13th May; 20th May;  
3rd June; 10th June; 17th June

**Location:** Southwick Community Centre  
24 Southwick Street. BN42 4TE

**Times:** 9.30am - 2.30pm

Travel expenses can be reimbursed and lunch and refreshments are provided.

To book on the training workshop or have an informal chat about the project, please contact Rachel Fielding at [rachel@reachingfamilies.org.uk](mailto:rachel@reachingfamilies.org.uk), or call her on 07535 386687.