



Making Sense of Wellbeing

Developing personal resilience for parent-carers

This six week course for parent-carers offers you the opportunity to explore some of the essential elements of wellbeing. Our personal and social wellbeing helps us to develop good relationships, feel connected to others and improves our resilience, empathy, and adaptability.

The course includes a blend of wellbeing and mindfulness workshops designed to help you enhance your relationship with your child with SEND, build resilience, reduce stress and help you to relax.

Each session can be attended as a stand alone but we would encourage you to attend all if you are able to.

Resilience Skills

Wellbeing Workshop: Active Listening - Tuesday 20th April 7.15pm

Do you want to feel 'heard'? This workshop helps you understand the key skills in active listening, including listening with all senses and enhancing your understanding of others.

Mindfulness Workshop: Listening to your inner experience - Tuesday 27th April 7.15pm

We will use mindfulness practice to help you 'listen' to your inner self and bring attention and awareness to your experience and wellbeing.

Wellbeing Workshop: Problem Solving - Tuesday 4th May 7.15pm

What do you do when faced with a problem? This workshop uses strategies to help you with problem solving from a different perspective.

Mindfulness Workshop: Finding peace in the storm - Tuesday 11th May 7.15pm

During times of difficulty and stress we can feel caught in the storm of life. Mindfulness can offer ways of finding stillness in the midst of this turmoil.

Wellbeing Workshop: Positive Thinking - Tuesday 18th May 7.15pm

When negative life experiences occur, it's hard to be positive. This workshop helps you consider positive thinking skills as a way of regaining control.

Mindfulness Workshop: You are not your thoughts - Tuesday 25th May 7.15pm

Mindfulness offers us space to step back from our thoughts and experiences, and see them as mental events which do not define us. This session teaches ways of relating to your thoughts differently.

This course is free of charge and delivered online via zoom.

For more information or to book onto any of these workshops please email

admin@reachingfamilies.org.uk or visit

<https://www.eventbrite.co.uk/o/reaching-families-8261724058>

