

Training

Autumn 2023

(2nd half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



EMPOWER

INFORM

SUPPORT

Training Courses and Workshops

November

Making Sense of Wellbeing - How to manage your anxiety	Tuesday 7th	7.30pm
Understanding Autism in Girls	Friday 10th	10.30am
Making Sense of Challenging Behaviour in Adolescence (11 Years +)	Monday 13th	7.30pm
Making Sense of Education, Health & Care Needs Assessments & Plans	Thursday 16th	10.30am
Making Sense of Personal Independence Payment (PIP)	Thursday 16th	7.30pm
Understanding ADHD	Tuesday 21st	7.30pm
Understanding Demand Avoidance	Thursday 23rd	10.30am
Understanding Decision Making for Your Child (welfare and finances)	Monday 27th	7.30pm
Making Sense of Anxiety in Children (Primary age)	Tuesday 28th	7.30pm
Making Sense of Annual Reviews	Thursday 30th	10.30am

December

Making Sense of Wellbeing - Self Care and Managing Stress	Tuesday 5th	10.30am
Making Sense of Universal Credit	Wednesday 6th	10.30am

The SEND Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: 15th Nov / 22nd Nov / 29th Nov (3 part course)

Wednesdays 7.30pm to 9.30pm

All training above will be delivered via Zoom



SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

<https://reachingfamilies.eventbrite.com>



www.reachingfamilies.org.uk

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