



## Summer Workshops (first half term)

### Making Sense of It All Foundation Course

**Wednesday 28th April, 5th & 12th May 7.30pm**

This three-part course has been designed to provide an introduction to all the key issues and challenges common to parents and carers. It aims to empower parents of children who are undergoing or have recently undergone diagnosis but it will be helpful to any parents who would like to learn more about how SEND processes work.

### Making Sense of Wellbeing

#### Part one - Resilience Skills

This six session 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)*

**Wellbeing: Active listening - Tuesday 20th April 7.15pm**

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

**Wellbeing: Problem solving - Tuesday 4th May 7.15pm**

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

**Wellbeing: Positive thinking - Tuesday 18th May 7.15pm**

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

### Coming out of Lockdown: Strategies for Parent-Carers

**Thursday 29th April 10.30am**

Dealing with the Covid pandemic and lockdown has been a very real and added strain for most parent-carers and their families. In this workshop we will take time out to reflect on what's happened and explore some practical ways for looking after ourselves and our families as we venture back into a busy world.

### Making Sense of Disability Living Allowance

**Wednesday 19th May 10.30am**

In this workshop we will cover how to apply for Disability Living Allowance (DLA), how the system works, the various rates and what other relevant benefits are available.

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

**Wednesday 26th May 7.30pm**

Exploring how your young person's brain works, how hormones and puberty impact upon our children, how we can support them and respond to challenging behaviour to achieve positive outcomes.

All of the workshops are free of charge and will be delivered online via Zoom.  
For more information and booking please email [admin@reachingfamilies.org.uk](mailto:admin@reachingfamilies.org.uk) or visit <https://www.eventbrite.co.uk/o/reaching-families-8261724058>

