



Making Sense of it All Foundation Course

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

Shoreham-by-Sea	September 21st / 28th	Weds 9.30 am - 2.30 pm
Online via Zoom	October 5th / 12th / 19th	Weds 7.30 pm - 9.30 pm
Burgess Hill	November 2nd / 9th	Weds 9.30 am - 2.30 pm

Making Sense of Wellbeing

Designed to help parents and carers build resilience, reduce stress and learn relaxation techniques

Workshop	Active listening	September 13th
Mindfulness	Listening to your inner experience	September 20th
Workshop	Problem solving	September 27th
Mindfulness	Finding peace in the storm	October 4th
Workshop	Positive thinking	October 11th
Mindfulness	You are not your thoughts	October 18th
Workshop	Relaxation and self-care	November 1st
Mindfulness	Mind and body relaxation	November 8th
Workshop	Managing anxiety	November 15th
Mindfulness	Going with life's flow	November 22nd
Workshop	Managing low mood	November 29th
Mindfulness	Mood changing exercises	December 6th

Find out more about our training at:

www.reachingfamilies.org.uk

All of our workshops are free of charge, to book a place please visit:

www.eventbrite.co.uk/o/reaching-families-8261724058

