



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

Bersted Park Community Centre	May 18th / 25th	Weds 9.30 am - 2.30 pm
Online via Zoom	June 8th / 15th / 22nd	Weds 7.30 pm - 9.30 pm
Billingshurst Community Centre	June 29th / July 6th	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	April 26th
Mindfulness	Listening to your inner experience	May 3rd
Workshop	Problem solving	May 10th
Mindfulness	Finding peace in the storm	May 17th
Workshop	Positive thinking	May 24th
Workshop	Relaxation and self-care	June 7th
Mindfulness	Mind and body relaxation	June 14th
Workshop	Managing anxiety	June 21st
Mindfulness	Going with life's flow	June 28th
Workshop	Managing low mood	July 5th
Mindfulness	Mood changing exercises	July 12th

All sessions delivered via Zoom - Tuesdays, 7.15 pm - 8.15 pm

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

