

# Training

## Spring Term 2023

(1st 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

### January

Making Sense of Masking	Tuesday 10th	10.30am
Making Sense of Wellbeing - Self-care and managing stress	Tuesday 10th	7.30pm
Understanding ADHD	Wednesday 11th	7.30pm
Understanding Demand Avoidance	Tuesday 17th	10.30am
Making Sense of SEN Support at School	Thursday 19th	10.30am
Making Sense of Anxiety in Adolescence	Tuesday 24th	7.30pm
Making Sense of Disability Living Allowance	Thursday 26th	10.30am
Understanding Autism	Monday 30th	7.30pm

### February

Making Sense of Challenging Behaviour (age 2-11 years)	Thursday 2nd	10.30am
Making Sense of Wellbeing - How to manage your anxiety	Tuesday 7th	7.30pm
Introduction to Makaton	Wednesday 8th	7.30pm
Making Sense of Adult Life - Supporting Adolescents	Thursday 9th	7.30pm

## 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.

Dates: 25th January (Part 1) & 1st February (Part 2)

Wednesdays 10am to 1.15pm

All training will be delivered via Zoom



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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](http://www.reachingfamilies.org.uk)

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