

# WORKSHOPS FOR PARENTS OF CHILDREN WITH ADDITIONAL NEEDS

Following the success of our 10 week Parenting Programmes we are now running a series of workshops on topics identified by Parents.

## Morning workshops 9.30am-12pm

**@ Trinity Church, 1 Beaconsfield Road, St Albans AL1 3RD**

**Thursday 21<sup>st</sup> September** The journey of grief and loss – adjusting to the new normal ©

*An opportunity to explore our unique and unplanned journey and the emotions it can bring. Understanding the stages we go through to find our new "normal"*

**Thursday 28<sup>th</sup> September** Practical information around SEN and working effectively with Professionals and Schools

*Realising the full potential of our child by understanding the "ins and outs" of special education from early identification to intervention, the terms and acronyms. Building positive working relationships with professionals.*

**Thursday 5<sup>th</sup> October** SEN Managing the impact on siblings and relationships

*Family life is all about relationships and communication. SEN can bring communication challenges affecting every relationship. How can we balance the needs of all family members?*

**Thursday 12<sup>th</sup> October** Keeping It Cool© Managing behavior and anger

*Everyone experiences anger sometimes. Managing anger more effectively can strengthen our relationships but what happens when a person struggles to verbalise these emotions? How can we respond when mood shifts happen so quickly that there is little time to seek a positive outlet.*

## Evening workshops 6.30pm-9pm

**@ St Albans Girls School, Sandridgebury Lane, AL3 6DB**

**Wednesday 20<sup>th</sup> September** Safety Net – keeping your children with additional needs safe online

*Online safety is important for everyone, but for our children with additional needs we need to be extra vigilant when it comes to cyber safety.*

**Wednesday 27<sup>th</sup> September** The journey of grief and loss – adjusting to the new normal ©

*An opportunity to explore our unique and unplanned journey and the emotions it can bring. Understanding the stages we go through to find our new "normal"*

**Wednesday 4<sup>th</sup> October** SEN – Managing the impact on siblings and relationships

*Family life is all about relationships and communication. SEN can bring communication challenges affecting every relationship. How can we balance the needs of all family members?*

**Wednesday 11<sup>th</sup> October** Practical information around SEN and working effectively with Professionals and Schools

*Realising the full potential of our child by understanding the "ins and outs" of special education from early identification to intervention, the terms and acronyms. Building positive working relationships with professionals.*



Places cost £25 per person per workshop.

Group discounts available. To book online:

[www.stalbanseps.org/bookings](http://www.stalbanseps.org/bookings) or email [stalbanseps@gmail.com](mailto:stalbanseps@gmail.com)

**2.5 hour workshops**



**Resources to take away Refreshments included**



**Workshops facilitated by Nikki Howes and Sarah Ellis**



**Friendly and non-judgmental**



**Peer support**



**Venues provided by DSPL7**



**Ellis Potential**

