

# 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.

**Fully funded by St Albans District Council!**

## Morning workshops 9.30am-12pm

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

### 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 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?*



**Places are FREE!**

To book email [stalbanseps@gmail.com](mailto:stalbanseps@gmail.com)  
Or call 07912 792215



**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**



**FREE! Places are limited so book fast.**

