

Training

Spring 2025

(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



Training Workshops

January

Understanding ADHD	Monday 13th	7.30pm
Making Sense of Education Health & Care Needs Assessments & Plans	Thursday 23rd	7.30pm
Making Sense of Behaviours that Challenge in Adolescence	Friday 24th	10.30am
Understanding Autism	Monday 27th	7.30pm
Making Sense of Wellbeing: Self-care and managing stress	Tuesday 28th	7.30pm

February

Making Sense of Disability Living Allowance (DLA)	Wednesday 5th	10.30am
Understanding Demand Avoidance	Friday 7th	10.30am
Making Sense of Masking	Monday 10th	7.30pm
Making Sense of Wellbeing: How to manage your anxiety	Tuesday 11th	10.30am

All training above will be delivered via Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



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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

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