

Workshops Bookings –

<https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjgkCoVkm&ntyPriaJDKLopxpAiTwmZObTHUIUNFhEMUVTT05XSUgwQIQ3Q1NXMKJGV0xWNCQIQCN0PWcu&origin=QRCode>

HELPING HANDS OUTREACH SPRING 2024 VIRTUAL WORKSHOPS



We run monthly workshops on a range of topics including: Exploring Behaviours That Can Challenge, Introduction to Sleep, Supporting Anxiety in Children, Supporting with Transitions, Introduction to Sensory Processing.

These group workshops are open to any parents/carers of children with additional needs, including families and professionals linked with Serennu, Nevill Hall and Caerphilly Children's Centre. For more information, please speak to the Family Liaison Officer at your local Children's Centre.

The workshops will take place online via a video-call.



**MONDAY 18TH
MARCH 12:30-
2:30PM**

SUPPORTING ANXIETY IN CHILDREN

We will share ideas about how to support children and young people with anxiety and worry. We will also be offering some tips for reducing stress at Christmas.

Book by Midday on Monday 11th March

**MONDAY
29TH APRIL
10AM-12PM**

INTRODUCTION TO SLEEP

We will share ideas related to common sleep difficulties seen in children and young people

Book by Midday on Monday 22nd April

**MONDAY
20TH MAY
10AM-12PM**

SUPPORTING TRANSITIONS

As we approach the end of the school year, we will be sharing ideas around how to support your child with transitions and separations

Book by Midday on Friday 13th May



BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST

To book a space on one of these workshops, or subscribe to our mailing list for updates on upcoming workshops:

- Scan or click on the QR code
- Visit <https://forms.office.com/e/DfqfWSdOkK>

Workshops Bookings –

[Supporting Communication Workshop Booking Form \(office.com\)](https://forms.office.com/e/qpyjEJLPtN)



Supporting Communication Parent/Carer Workshop



This parent/carer workshop is a collaborative workshop between Children's Centre Psychology and the Child & Adolescent Learning Disability Service. We will share advice and information to help you to:

- understand how communication develops in children;
- explore why some children develop communication difficulties;
- discuss the different ways in which children communicate;
- examine some of the challenges that can develop when children find it difficult to communicate;
- understand the function that behaviours that can challenge play in communication;
- think about different means to support your children to communicate;
- recognise the impact on parental wellbeing.



Wednesday 17th April: 12:30-2:30pm

(Closing date for bookings will be 10th April at 12 noon)

If you would like to book on this workshop then you can either scan the QR code below; or follow this link:

<https://forms.office.com/e/qpyjEJLPtN>



SCAN ME



Workshops Bookings –

[Introduction to sensory processing workshop booking form \(office.com\)](#)



Children's Centre Psychology/ Occupational Therapy Service: Introduction to Sensory Processing Parent/Carer Workshop



This parent/carer workshop is a collaborative workshop between Children's Centre Psychology and the Occupational Therapy Service. We will share advice and information to help you to:

- understand our different senses and consider how we process information using these senses
- Explore the different ways that our children can experience sensory difficulties
- Consider the "Iceberg effect" and the importance of being a good detective to fully understand our children's behaviours
- Explore how anxiety can impact sensory tolerances
- Think about when it is important to intervene
- Develop a sensory toolkit to support our children to manage their sensory difficulties



Wednesday 26th June: 10am-12noon

(Closing date for bookings will be 19th June, however, closing date to pose questions will be 12th June)

If you would like to book on this workshop then you can either scan the QR code below; or follow the link:

<https://forms.office.com/e/kvGSqWyDNg>

