



**Reaching
Families**

*Empowering families of children and
young people with special educational
needs and disabilities*

Summer Holiday Events 2020

Mindfulness

Explore Mindfulness practice using exercises for Mindfulness Based Stress Reduction.

This practice can help you be present in the moment, develop awareness and acceptance, helping you to relax and reduce stress.

Weds 29th July 7pm

Weds 12th August 7pm

Weds 26th August 7pm

Umbrellas

Connect with other parent carers at our weekly Zoom Support Group

Tuesday 21st July 2pm

Tuesday 11th August 2pm

Tuesday 28th July 2pm

Tuesday 18th August 7.30pm

Tuesday 4th August 7.30pm

Tuesday 25th August 2pm

Workshops

Inclusive Play - Thursday 23rd July 10.30am

Explore possibilities within inclusive play, understand why we play and the benefits of it, providing ideas for creative engagement with your child.

Multi-Sensory Story Telling - Thursday 6th August 10.30am

Explore multi-sensory storytelling and bring your favourite stories and songs to life through sensory inputs that engage the senses.

Preparing your Child for Returning to School

Thurs 20th August 10.30am

Covering many issues including changes children may see around school, government guidelines and law, communication with and expectations from school, transitioning to a new setting and anxieties that children and parent-carers may be experiencing.

Befriending and Counselling

We continue to offer telephone befriending & counselling during the summer.

Please contact admin@reachingfamilies.org.uk for further details



www.reachingfamilies.org.uk

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