



S.E.N Family Links is a fun programme that will benefit you and your child/children.

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

This 10 week programme will help you raise your self-esteem and help to improve communication and reduce conflict in your family.

You will also learn strategies for coping with challenging behaviour and managing feelings and emotions.

The SEN Family Links sessions: - Are suitable for parents of children who have a diagnosis, are on the pathway to diagnosis or if you have concerns of S.E.N. or a disability. Sessions run for 10 weeks and run for two hours per session. Each course will include 6-10 parents per group.

If you would like further information about this or would like to put your name on the waiting list please contact Mrs Astin.

Don't miss out- sessions are free and include refreshments.