

## DEVELOPING RESILIENCE SELF-CARE AND WELLBEING FOR PARENTS/CARERS OF CHILDREN WITH SEN&D/EMOTIONAL DIFFICULTIES WRITTEN BY PARENTS OF SEND CHILDREN AND DELIVERED BY A PARENT OF A CHILD WITH SEND

“I enjoyed learning about meeting and knowing my basic needs, how to be resilient in a professional meeting - learning skills of positive attitude, and a better understanding of my own self as well as how to put into action the development of knowledge and techniques gained on the course” (parent comment)

### Resilience Training

The course focuses on what it means to be a parent of a child/children with SEND and the particular challenges the family may face on a daily basis. Resilience is the ability to withstand and recover from traumatic life events, challenges and difficulties by strengthening our resourcefulness and confidence. To feel proud of our achievements so far, to be empowered in preparation for the future in developing and practicing strategies to manage the daily pressures and to bounce back when life is particularly tough.

#### Further Information



**07980616149**



**training@interact.org.uk**

#### Dates and times of the four week online courses :

**Daytime from 10:00 to 13.30 every Thursday starting 25th April to 16th May 2024**

**Evening Time from 19:00 to 21:00 every Thursday starting 25th April to 16th May 2024**

**The zoom link will be emailed once you have completed a booking form press here:**

**BOOK NOW**

