

# HELPING HANDS OUTREACH VIRTUAL WORKSHOPS: DEC 24-APR 25

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.

Please see our additional flyer for information on how to book on to our Introduction to Sensory Processing Workshop.



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

**MONDAY 27TH  
JANUARY  
10AM - 12NOON**

## **EXPLORING BEHAVIOURS THAT CAN CHALLENGE**

We will be sharing ideas behind behaviour support and help you to understand and respond to behaviours that can often challenge.

**Book by Midday on Wednesday 22nd January**

**MONDAY 10TH  
FEBRUARY  
10AM-12NOON**

## **SUPPORTING ANXIETY IN CHILDREN**

We will share ideas about how to support children and young people with anxiety and worry. We will also consider supporting children in the run up to Christmas

**Book by Midday on Wednesday 5th February**

**MONDAY 10TH  
MARCH  
10AM-12NOON**

## **INTRODUCTION TO SLEEP**

We will share ideas about how to manage common sleep difficulties in children and young people.

**Book by Midday on Wednesday 5th March**

**WEDNESDAY  
30TH APRIL  
10:00AM-12NOON**

## **TRANSITIONS & SEPARATIONS**

We will share ideas about supporting children and young people with transitions and separations

**Book by Wednesday 23rd April**



## **BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST**

To book a space on one of these workshops, or subscribe to our workshop mailing list for updates on all our future workshops, you can:

- Scan the QR code
- Click on the QR code
- Follow this link <https://forms.office.com/e/DfqfWSd0kK>

We also run additional workshops that are jointly designed and delivered with our health colleagues in the Children's Centres.

**These workshops need to be booked using separate QR codes.**

**WEDNESDAY 11TH  
DECEMBER  
10:00AM-12:00PM**



## **INTRODUCTION TO SENSORY PROCESSING WORKSHOP**

A workshop delivered jointly with Occupational Therapists.

The workshop aims to help you to:

- Understand our different senses
- Explore the different ways that children experience sensory difficulties
- Use the "Iceberg model" to reflect on the many factors that contribute to children's behaviours
- Explore how anxiety can impact sensory tolerances
- Know how to decide when to intervene
- Develop a sensory toolkit to support children to manage their sensory difficulties



To book on this workshop, please scan or click on the QR code or follow this link: <https://forms.office.com/e/kvGSqWyDNg>

**WEDNESDAY 26TH  
FEBRUARY  
10AM-12NOON**



## **SUPPORTING COMMUNICATION**

A workshop delivered jointly with a Speech and Language Therapist.

The workshop aims to help you to:

- Understand how communication develops in children and means of communication
- Explore why some children develop communication difficulties
- Explore the related challenges that can develop alongside communication difficulties
- Think about different means to support your children to communicate



To book on this workshop, please scan or click on the QR code or follow this link: <https://forms.office.com/e/qpyjEJLPtN>

