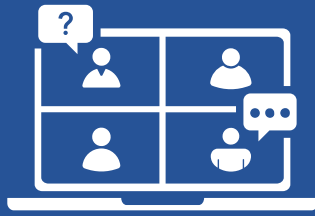


# TRAINING

## SPRING TERM 2026



### WORKSHOPS

**Making Sense of Masking**

**Tuesday 13<sup>th</sup> January**

**7.30 - 9.30 pm**

**Understanding Demand Avoidance**

**Thursday 15<sup>th</sup> January**

**10.30 am -  
12.30 pm**

**Making Sense of Wellbeing: Self-care skills for parents and carers**

**Tuesday 20<sup>th</sup> January**

**7.30 - 9.00 pm**

**Understanding Sensory Processing Differences**

**Wednesday 28<sup>th</sup> January**

**10.30am -  
12.30pm**

**Making Sense of Anxiety in Adolescence**

**Tuesday 3<sup>rd</sup> February**

**7.30 - 9.30 pm**

**Making Sense of Personal Independence Payment (PIP)**

**Wednesday 4<sup>th</sup> February**

**7.30 - 9.30 pm**

**Making Sense of Annual Reviews**

**Thursday 5<sup>th</sup> February**

**10.30 am -  
12.30 pm**

**Understanding Attention Deficit Hyperactivity Disorder (ADHD)**

**Thursday 12<sup>th</sup> February**

**10.30 am -  
12.30 pm**

**All of the above training will be delivered on Zoom**

**For further information visit our website or email: [outreach-training@reachingfamilies.org.uk](mailto:outreach-training@reachingfamilies.org.uk)**



SCAN ME

All our workshops are free of charge. For more information or to book a place, please visit our Eventbrite page or scan the QR code.

[reachingfamilies.eventbrite.com](https://reachingfamilies.eventbrite.com)



**Reaching Families**

[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

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