



FEELING THE STRAIN?

Tired of having to explain your child's behaviour to on-lookers? Sick of fighting for your child's needs? Feeling the pressure in your relationships? We can relate.

Caring for a child with SEND is never easy.

Join our 6 week funded programme of workshops to support parents / carers manage stress, reduce unhealthy conflict and build connection. We can help you:

- Build resilience
- Understand healthy attachment & neurodevelopment
- Improve communication
- Develop self-care
- Meet other parents/ carers and grow your support network

Relate

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