

HELPING HANDS OUTREACH VIRTUAL WORKSHOPS: NEW WORKSHOP! PREPARING FOR & SUPPORTING THROUGH PUBERTY

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.

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



Wednesday
3rd December
10am-
12noon



We are really excited to bring you a brand new workshop. We have been working on this for some time following some direct requests from families. It is our pleasure to introduce our

'Preparing For & Supporting Through Puberty'

During this workshop we will share ideas and resources related to the following topics:

- ***Puberty in the context of children with additional developmental needs***
- ***Body Parts & Preparing for Body Changes***
- ***Privacy & Consent***
- ***Puberty***
- ***Masturbation***
- ***What this means for you as Parents/Carers***

BOOK A SPACE OR SUBSCRIBE TO OUR MAILING LIST

To book a space on one of these workshops, and 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/kzDF8cejbb>
link will be sent out a week before the workshop

