



The Wellbeing Hub

Resources - Training - Support

4th January 2023



SUPPORT

In the Child Therapy Service - Wellbeing Hub, you will find access to a wealth free and subsidized support services:

These include:

- Coffee Mornings
- Meditation Sessions
- Compassion Fatigue Sessions

TRAINING

The focus for all training - is the emotional health of children, so that they can access an education. As such - the following has been organised for January:

- Understanding EHCPs + EOTAS 

If you are a family of a child struggling to attend full-time education and you're thinking of applying for an EHCP - this is for you!

- Using the Principles of NVR in the Home 

Non-violent resistance (NVR) is not a parenting programme. But what is it and how can these principles be used during conflict?





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FACE-TO-FACE

I'm delighted to tell you that from April, face-to-face sessions will be starting again, in Eastbourne.

They will include a combination of approaches, that offer an **alternative** to talk-based therapies.

This **inclusive** service provides support to young people that struggling to **communicate**, or **understand** their emotional needs. If you would like to go onto the waiting list for this - **please email me.**



RE-ENGAGE

One project that I'm really passionate about for 2023 is the re-engage programme.

This project is focused on supporting young people that have been put onto a reduced/flexible time-table or those that have accessed all other services and they have been ineffective.

It offers an alternative, by providing the young person with therapy alongside re-engagement back into the classroom. Re-engagement that is supportive to the young person, the teaching staff, and school.

If you would like to be put on the waiting list for this - **please, drop me an email.**



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JANUARY EVENTS

JAN
10

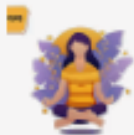


Coffee Morning - Emotionally-based School Avoidance

Online event

Tuesday, 10 January 2023 at 10:00 GMT

JAN
10



Meditation for Mums

Online event

Tuesday, 10 January 2023 at 11:30 GMT

NEW!

JAN
11



Compassion Fatigue Session (Daytime)

Online event

Wednesday, 11 January 2023 at 10:00 GMT



JAN
17



My Journey from Refusal to Assess - to EOTAS

Online event

Tuesday, 17 January 2023 at 18:00 GMT

JAN
18



Coffee Morning - Families of Children with a PDA Profile

Online event

Wednesday, 18 January 2023 at 10:00 GMT

JAN
24



Compassion Fatigue Session (Evening)

Online event

Tuesday, 24 January 2023 at 18:00 GMT

JAN
25



Using the Principles of NVR in the Home

Online event

Wednesday, 25 January 2023 at 18:30 GMT