



**Healthier, happier,
stress-free family
mealtimes**

Wednesday 28th April
10-1130am

Free Online Training with expert
Sarah Alder




Sleep Seminar:

Practical strategies to help with your
child's sleep issues

Tuesday 4th May 7 pm to 9 pm

Free online training with sleep experts from Little
Dreams Consulting






**Supporting siblings of children
with neurodiversity**


Tuesday 18th May 10 to 11:30 am

Free online training with Corrina from Platypus
Training




Wednesday 9th
June 10-11.30am
on Zoom

Family helpline advisors
from ERIC, The Children's
Bladder & Bowel Charity
join us





Search Eventbrite for: Healthy bowels
and bladders for children with
additional needs and disabilities

**Parenting
Tips for
Children
with ADHD**

Wednesday 16th June 7-8.30pm

Search Eventbrite for: Parenting Tips for
Children with ADHD

**Makaton for Early
Years**

22nd June
7-8.30pm



Free online training with
expert
Ali Pennington



Search 'Makaton for Early Years'
on Eventbrite

Understanding Autism in Girls

Free online training with Corrina Wood from Platypus Training

Tuesday 29th June 7-8.30pm

Search Eventbrite for: Understanding Autism in Girls



Search Eventbrite for: Young people and self-esteem



Are you concerned about your child or young person's self-esteem?

Join us for a free face to face workshop with Revealed Projects to learn how to support your young person with their self-esteem

Tuesday 6th July 9.30-11 am
Winter Gardens, Weston-s-Mare



Would you like to support your young person build healthy relationships?

Join us for a free face to face workshop to find out more about supporting your young person build healthy relationships with adults and their peers

Tuesday 6th July 12.30 - 2 pm
Winter Gardens, Weston-s-Mare

Search Eventbrite for: Young People and Healthy Relationships



Managing difficult behaviour: understanding your Neurodiverse child's behaviour and how to best support them

Tuesday 13th July 10-11:30 am

Search Eventbrite for: Managing your neurodiverse child's difficult behaviour

*New date added due to popularity

Parenting Tips for Children with ADHD

Tuesday 7th September 7-8.30pm

Search Eventbrite for: Parenting Tips for Children with ADHD



Free workshop on supporting your child with dyslexia and other literacy difficulties

Tuesday 14th Sept
9.30 - 11.30
Winter Gardens,
Weston-s-Mare



Free workshop on supporting your child with dyscalculia and other maths difficulties

Tuesday 14th Sept
12.30 - 2pm
Winter Gardens,
Weston-s-Mare



Makaton for Children and Young People

21st September
7-8.30pm



Free online training with expert
Ali Pennington



Search 'Makaton for Children and Young People' on Eventbrite

Understanding Autism in Girls

Free online training with Corrina Wood from Platypus Training

Tuesday 28th September 7-8.30pm

Search Eventbrite for: Understanding Autism in Girls

New date added due to popularity



Demand avoidance: understand the condition and explore approaches to help your young person

Tuesday 12th October 7-8.30pm

Search Eventbrite for: Demand avoidance: understand the condition and explore approaches to help your young person

Supporting your young person with dyspraxia

Wednesday 13th October
10.30am-12pm

Search Eventbrite for: Supporting your young person with dyspraxia




An Introduction to NVR - the non-violent resistance approach for dealing with your child's/young person's extreme behavioural issues

Tuesday 19th October 7-9 pm

Search Eventbrite for: An Introduction to NVR




Suicide Prevention in Young People



**Tuesday
2nd Nov
10.30am - 12pm**

Search Eventbrite for Suicide Prevention in Young People



Self-harm awareness and support



**Tuesday 9th November
10am-12.30pm**

Search Eventbrite for Self-harm awareness and support

Free online training

ATTENTION SEEKERS?
Bespoke self-harm awareness training



Eating Disorders in Children and Young People



**Tuesday 16th November
7-9 pm**

Search Eventbrite for Eating Disorders in Children and Young People

Free online training




An Introduction to Autism in Children (aged 0 to 7 years)

Online Free Training

**Wednesday 17th November
7-9 pm**

Special Event for Parent Carers in Bristol, North Somerset and South Gloucestershire (BNSSG) who have a child currently awaiting an Autism assessment

Search Eventbrite for: An Introduction to Autism in Children






The impact of Complex Medical Conditions or Serious Illness on Families



Online Free Training:
**Tuesday 23rd Nov
7-9pm**

Search Eventbrite for: The impact of complex medical conditions or serious illness on families




An Introduction to Autism in Young People (aged 8-18 years)

Online Free Training

**Wednesday 24th November
7-9 pm**

Special Event for Parent Carers in Bristol, North Somerset and South Gloucestershire (BNSSG) who have a child currently awaiting an Autism assessment

Search Eventbrite for: An Introduction to Autism in Young People






Sleep Seminar

Tuesday 7th Dec



10am-1230pm

Online Free Training



Search Eventbrite for: Sleep Seminar with sleep experts from Cerebra