



Supporting Families
in our Community

BUILDING RESILIENCE TOGETHER

Do you feel **lonely, isolated** or **lost your identity**? Have you **lost your confidence** and don't know **where to turn**? Are you finding it difficult raising a child with **challenges/difficulties** in their **development, growth** and **learning**?

If **YOU** answered **YES** keep reading!!

THIS FREE 6 WEEK PROGRAM WILL:

- ★ Help you build resilience by practicing and rehearsing new strategies
- ★ Share and explore your travels together reducing emotional isolation
- ★ Take note of and celebrate the skills you acquire along the way
- ★ Prioritise your self care in preparation for the journey ahead whilst caring for others
- ★ Support you with resources to understand and navigate your child's Educational Health & Care Plan (EHCP) alongside the transitioning phases of life



Dates: 5th, 12th, 19th, 26th November, 3rd, 12th December 2024

Times: 10:00 to 13:30

Venue: The Beech Community Hub, 8 Austen Road, Basildon SS14 3RZ

To register your interest, complete our application form by
using this QR code or [click here](#)

Or email / phone

helpline@fifessex.org.uk / 01245 353575



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