

The Insider's Guide

COPES Family Outreach and a local parent are running an Insiders' Guide course for:

- Parents of under 12s with special needs

At Uckfield Children's Centre

1 Manor Close

Uckfield TN22 1DL

On 6 consecutive Wednesdays (excluding 15th February):

22nd February to 29th March

From 9.30 – 12.30

FREE OF CHARGE

Refreshments provided

The Insiders' Guide course focuses on what it means to be a parent of a child with special needs. It aims to build parents' resilience so you are well placed to enjoy the journey bringing up your children.

The course offers a mixture of practical skills for things like:

- dealing with professionals
- responding to behaviour
- how it feels to have a child with special needs
- how to build your own resilience.



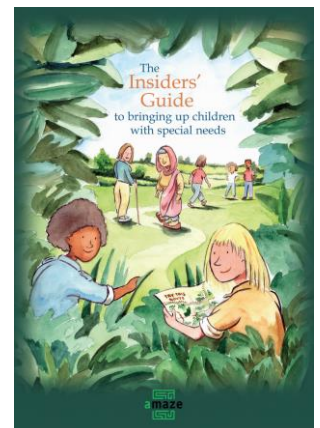
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All Insiders' Guide courses are co-delivered by a professional and a parent/carer who has been there too. The course brings together parents with things in common – either those who have children of a similar age or those whose children share a particular need.

For more information, visit <http://www.parentingmatters.org.uk/whats-on-where/> or www.ruralsussex.org.uk or contact Karen Laver at COPES on 01273 407336 to book a place.