



Reading
Families'
Forum

Registered charity no 1166585

A voice for families of children and
young people with special educational
needs and/or disabilities

PARENT CARER WELL-BEING CONFERENCE AT SELECT CAR LEASING STADIUM, READING, RG2 OFL, MONDAY 9TH JUNE, 9.30 AM - 2.30 PM

***Join other parent carers of children and young people with additional
needs for a day of information and a bit of pampering!***

10 am Session on what trauma is, how it affects adults and children, the impact of coping with a traumatised child and sense of loss that may be experienced when child is diagnosed. Sarah Marx - Beacon House

11.10 am Where to get support for yourself/child if your are suffering from trauma - Maryam Makki - Local Offer

Free lunch

12.45 pm Guided Meditation - Samantha Grant

1.20 pm Empowerment exercise

To book: fran@readingfamiliesforum.co.uk or text 07516 185380

Free car parking, on bus route, refreshments provided, free to attend