



## **Emotional Wellbeing Session for Parents / Carers of Children with Special Education Needs**

The Adult Mental Health Team are offering emotional wellbeing sessions for parents or carers of children where they have diagnosed SEN needs or suspected SEN needs (as the waiting times for assessment can be lengthy). Online sessions are 2hours long and in-person sessions are 2.5hours with a mid-way break. These are supportive sessions with the opportunity for parents to share with peers experiencing similar situations.

### **The session will cover the following:**

- Stress, how it affects us and what we can do about it (with the opportunity for sharing peer experience)
- Acknowledging the pressures of their family situation
- The connections between what we think, feel and do and what can help
- Understanding our brains and body (and those of others around us) when we become particularly anxious, angry or stressed
- Explore connectivity to other areas of support or information that families might find helpful

The family need to have a named contact/linked support within any of our teams within Sheffield City Council, or elsewhere such as through school, health visitor or housing. This person must understand the family well enough to know that they would like this format and get enough from the session.

### **Available to book on the Sheffield Directory:**

- Wednesday 12<sup>th</sup> November, 9:30am-12pm at First Start Family Hub [Emotional Wellbeing Session for Parents/ Carers of Children with Special Education Needs 1277 EHPT | Sheffield](#)
- Tuesday 25<sup>th</sup> November, 10am-12:30pm at Israac Vestry Hall Cemetery Road [Emotional Wellbeing Session for Parents/ Carers of Children with Special Education Needs 1276 EHPT | Sheffield](#)
- Wednesday 26<sup>th</sup> November, 12:30pm-3pm at Early Days Family Hub [Emotional Wellbeing Session for Parents/ Carers of Children with Special Education Needs 1278 EHPT | Sheffield](#)
- Monday 1<sup>st</sup> December, 5pm-7pm - Online [Emotional Wellbeing Session for Parents/ Carers of Children with Special Education Needs 1279 EHPT | Sheffield](#)
- Monday 17<sup>th</sup> November, 11am-1pm - Online [Emotional Wellbeing Session for Parents/ Carers of Children with Special Education Needs 1275 EHPT | Sheffield](#)