

Free Sibling group

Six weekly bespoke sessions run by Sharon Lawton and Sarah Ellis focusing on:

- Feeling safe and secure
 - Exploring unique feelings
- Communicating needs and wishes
 - Feeling empowered
- Developing self esteem and resilience
 - Consolidation and celebration

Each session supports Emotional Intelligence through discussion, reflection and teaching coping strategies; enabling awareness and control of feelings associated with having a sibling with additional needs.

Parents meetings: 6th February 1:30 -2:30 – Introduction to sessions
20th March 1:30 – 2:30 – Feedback session

Venue: Hobbs Hill Wood School, Peascroft Road, Hemel Hempstead HP3 8ER

Wednesdays: 6th February, 13th February, 27th February, 6th March, 13th March, 20th March
4-6pm

Free parking and refreshments provided

Please note that this course is only open to Dacorum families

Information and bookings:

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