

LCPF (Lincolnshire Carer Parent Forum) SEND workshops

Promoting Positive Behaviour

Free interactive workshop on Zoom with a behavioural specialist.

LCPF have invited Chris from Aspens to explore the topic of behaviour.

Certain types of behaviour can not only be highly stressful for the family, but also takes up so much time and resources that they can have a large impact on the family and child engaging in everyday activities. This session will look at:

- What are behaviours of concern
- The types of behaviours that may be displayed (such as verbal and physical aggression, breaking objects, escape and avoidance and self-neglect)
- What happens physically to a child when displaying these behaviours
- How to establish what the behaviour may be telling us
- Why they may happen
- How to put a plan into place, as well as some strategies that may help reduce such behaviours and promote positive ones.

These workshops are free to those on the LCPF membership (if you are a parent of a child with SEND you can join the membership on the website sign up page.) [LCPF Sign Up \(lincspcf.org.uk\)](https://lincspcf.org.uk)

Dates:

14.10.24 at 19:00 – 21:00

14.11.24 at 19:00 – 21:00

For more information click: [Events \(lincspcf.org.uk\)](https://lincspcf.org.uk)

Hypnotherapy – Wellbeing

Join LCPF for a free 90-minute Zoom session to help improve your mental health and wellbeing. Nicole from Hummingbird Hypnotherapy will be giving proven techniques to help make positive changes to our lives.

Relax with like-minded people in a positive atmosphere.

Free session for LCPF members. [Events \(lincspcf.org.uk\)](https://lincspcf.org.uk)

Topic	Date and time
Emotional Resilience Toolkit	11.09.24 at 19:30 – 21:00
Sleep	25.09.24 at 19:30 – 21:00
Anxiety	09.10.24 at 19:30 – 21:00
Mood and Food	30.10.24 at 19:30 – 21:00
How not to lose your cool	06.11.24 at 19:30 – 21:00
Managing the winter blues	20.11.24 at 19:30 – 21:00
Not letting the past cloud now	04.12.24 at 19:30 – 21:00
How to relieve the Christmas stress	04.12.24 at 19:30 – 21:00