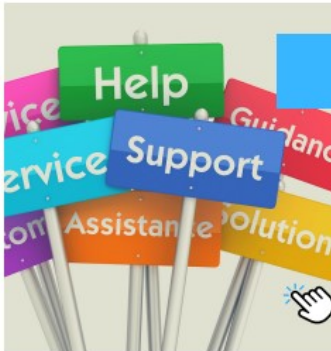


Wellbeing Poster

This week, we share the Childtherapy Service Newsletter. Please check to see if any course would be useful.



4th January



SUPPORT

In the Child Therapy Service - Well Hub, you will find access to a wealth and subsidized support services:

These include:

- [Coffee Mornings](#)
- [Meditation Sessions](#)
- [Compassion Fatigue Sessions](#)



4th January 2023



FACE-TO-FACE

I'm delighted to tell you that from April, face-to-face sessions will be starting again, in Eastbourne.

They will include a combination of approaches, that offer an **alternative** to talk-based therapies.

This **inclusive** service provides support to young people that struggling to **communicate**, or **understand** their emotional needs. If you would like to go onto the waiting list for this - **please email me**.



TRAINING

The focus for all training - is the emotional of children, so that they can access an edu. As such - the following has been organi January:

- [Understanding EHCPs + EOTAS](#)

If you are a family of a child struggling to full-time education and you're think applying for an EHCP - this is for you!

- [Using the Principles of NVR in the Hon](#)

Non-violent resistance (NVR) is not a pa programme. But what is it and how car principles be used during conflict?



RE-ENGAGE

One project that I'm really passionate about for 2023 is the re-engage programme.

This project is focused on supporting young people that have been put onto a reduced/flexible time-table or those that have accessed all other services and they have been ineffective.

It offers an alternative, by providing the young person with therapy alongside re-engagement back into the classroom. Re-engagement that is supportive to the young person, the teaching staff, and school.

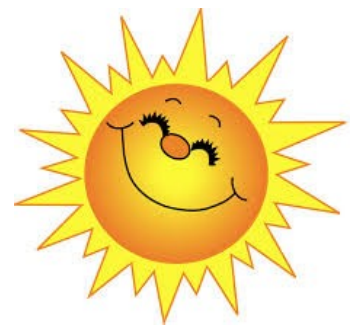
If you would like to be put on the waiting list for this - **please, drop me an email**.

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JAN 10		Coffee Morning - Emotionally-based School Avoidance Online event Tuesday, 10 January 2023 at 10:00 GMT
JAN 10		Meditation for Mums Online event Tuesday, 10 January 2023 at 11:30 GMT
JAN 11		Compassion Fatigue Session (Daytime) Online event Wednesday, 11 January 2023 at 10:00 GMT
JAN 17		My Journey from Refusal to Assess - to EOTAS Online event Tuesday, 17 January 2023 at 18:00 GMT
JAN 18		Coffee Morning - Families of Children with a PDA Profile Online event Wednesday, 18 January 2023 at 10:00 GMT
JAN 24		Compassion Fatigue Session (Evening) Online event Tuesday, 24 January 2023 at 18:00 GMT
JAN 25		Using the Principles of NVR in the Home Online event Wednesday, 25 January 2023 at 18:30 GMT

NEW!



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