

May
2024



WISE UP WORKSHOPS

Empowering Parent
Carers to succeed

Helping your child understand the changes that come with growing up

We are pleased to share our WISE WORKSHOPS for May. These are open to all parent carers in Somerset who have a child with additional needs and/or a disability.

Puberty and sexual development are a normal process, usually beginning between ages 10 and 15. Many young people go through puberty without any major difficulties but for young people with additional needs and disabilities there can be additional challenges. Growing up involves young people seeking to develop their own identity and sense of self. It can be a fascinating and scary time for them.

This session will help you to understand some of the additional challenges your young person may face and give practical suggestions about straggles that can help. We will also cover how to explain these changes in a way your young person can understand.

Dates and locations

10th May	Wincanton	12:30 - 14:30
14th May	Chard	10:00 - 12:00
15th May	Wiveliscome	19:00 - 21:00
17th May	Bridgwater	10:00 - 12:00
22nd May	Frome	12:30 - 14:30
23rd May	Cheddar	19:00 - 21:00

These workshops are free to attend to book your place please go to:
<https://somerseparentcarerforum.org.uk> or call 01458 259384

