



# FEELING THE STRAIN?

Tired of having to explain your child's behaviour to on-lookers? Sick of fighting for your child's needs? Feeling the pressure in your relationships? We can relate.

**Caring for a child with SEND is never easy.**

**Join our 6 week funded programme of workshops to support parents / carers manage stress, reduce unhealthy conflict and build connection. We can help you:**

- **Build resilience**
- **Understand healthy attachment & neurodevelopment**
- **Improve communication**
- **Develop self-care**
- **Meet other parents/ carers and grow your support network**

**Relate**

Bournemouth, Poole  
and Christchurch

**CONTACT US**

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